

The Battle of Orleans

A rabies outbreak
in rural Humboldt County

By Linda Stansberry

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Meet Our Employees

If you have ever driven through Trinidad during the second half of the week or on the weekend, you have probably smelled the glorious smell of barbecued meats and seen the smoke bellowing up from the Murphy's parking lot. Making that turn into Trinidad Murphy's, you have probably seen the Murphy's barbecue king himself, Andy Schwanger.

Andy moved back to Humboldt four years ago after being in the Navy. "I actually was traveling about 15 years ago and my car broke down in Arcata. I never really left after that," says Andy. With 20 years in the restaurant business, working the barbeque is a perfect fit for Andy. "I love to grill. It is also fun talking to people as they are passing through. You meet a lot of people from a lot of different

places," explains Andy. "I also just love coming to work, everyone is family to me here."

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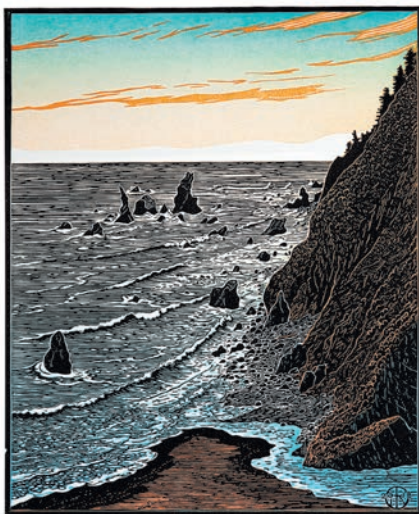


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"Hardy Creek, Mendocino County"
by Tom Killion. Read more on page 18.
Courtesy of the artist

On the Cover Gray fox, photo by Renee Grayson/Creative Commons License

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of Politics, People and Art

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FERNDALE

SEPTEMBER 23
Ferndale Museum @ City Hall

BLUE LAKE

OCTOBER 7
Blue Lake Elementary School

FRESHWATER

NOVEMBER 4
Freshwater Grange



HUMBOLDT HEADLINES

1900 to 1950s

From the fatal ship collision off Shelter Cove to Fortuna's biggest bank robbery to the Socialist mayor of Eureka, we'll tell you the stories that everyone read about in the days before the Lost Coast Outpost: "Jack London Knocked Down in Bar Fight!" – "Flames Force Entire Town to Flee" – "Tiny School Wins Statewide Contest"

EUREKA

OCTOBER 14
Humboldt Grange

BAYSIDE

OCTOBER 28
Bayside Grange

EUREKA

DECEMBER 9
Clarke Museum



TANBARK, SHEEP & APPLES

Humboldt's Products Then and Now

We all know about early-day Humboldt's two biggest industries redwood lumber and canned salmon – but what about the other lucrative activities that helped locals make a living? We'll look at several of these lesser-known enterprises, including two prize-winning products.

BLUE LAKE

SEPTEMBER 16
Blue Lake Elementary School

**NEXT
TALK**

McKINLEYVILLE

SEPTEMBER 30
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OCTOBER 21
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Bulgarians!

Editor:
Bravo Linda Stansberry ("Not Even From Around Here," Aug. 25). You hit the nail on the head and, sheepishly, I felt that you were talking directly at me. When selling our Mattole Valley property a few years ago, one potential buyer was of Eastern European descent. Gold capped teeth, gold chains around the neck, this muscle bound man was accompanied by two "friends." Different? You bet. Threatening? Maybe in my mind. AK-47s? Nary a one. Offered a cash deal, "I couldn't refuse?" Sadly no; not enough secluded land for his purposes.

Have I been guilty of telling the story of my "Bulgarian" as part of a movement taking over? Sadly, yes. Your poignant recollection that all nationalities have been outsiders at one time or another rings true. Our basic

Continued on next page »

Addiction

Torn apart and pushed away,
I die a little with each new day.

Trying so hard to make the right choice,
I call out for help but none hear my voice.

I fill my body with chemicals on my own accord,
Spinning off money I cannot afford.

But that's not the worst part because when I am
High, the answers I seek keep on passing me by.

I wish I could free my head from this cloud,
So I can think clearly, stand tall and be proud.

In every creature that god ever made,
Lies inner beauty no scholar can grade.

The path I am on ends in a pine box
Maybe then I won't fiend for more rocks.

— Gerrianne Schulze

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instincts to mistrust those who are not like us is deep seated. It developed out of necessity and is based on a need for family and tribal survival.

I fear that many of us are closer to those ancient roots than we would like to admit. In an era where fear mongering wins votes and garners attention, when uncertainty is prevalent, we tend to circle the wagons and hunker down.

Is it right or wrong to do so? Hindsight is a good guide, but situations in the moment don't benefit from the long view back. I expect that suspicion is part of our nature but needs to be tempered with trust in the future.

Thanks again for a very timely and thought provoking piece.

Stephen Avis,
Ferndale

My 'Yuge' Election Letter

Editor:

This letter is going to be yuge. It's going to fabulous, definitely the finest letter this newspaper has ever published. Finest letter — you can take that to the post office!

I have always been a fabulous letter

writer — a yugely successful letter writer. Yugely successful. I have successfully hired thousands of people to read and appreciate my letters — and the ones who don't appreciate my fantastic fabulous letters get fired!

This letter will be published on the front page and millions of Eurekan People will appreciate how yuge and fantastic and fabulous this letter — and my other successful letters through the years ... yuge-fantastic-fabulous letters through the years. And not only that, I, and I alone, am going to make America Grate Again. That's right — we are going to take American cheese, not Mexican Cheese or Russian Cheese or Canadian Cheese but *American cheese* (imported from China by my cheese company) and we are going to make Grated American Grilled Cheese Letters and make America grate again! And if the America-haters who run this rag of a newspaper don't put this yugely fabulous and fantastic letter on the front page for millions of Eurekans to see, it will just prove how rigged the lame-stream media is and how rigged the system is against American cheese.

Mike Clark, Loleta

Correction

Due to incorrect information provided to the *North Coast Journal*, the Sept. 1, 2016 story "Suing Squires" incorrectly stated Judge Dale Reinholtsen had ruled on a motion by the city to grant a receiver full control over repairs at 26 properties owned by Floyd Squires. The judge had not ruled at last week's press time. The *Journal* regrets the error.

Write an Election Letter!

The *Journal* will publish election letters through Nov. 3, meaning you have until Monday, Oct. 31, at noon to get your opinion on local council races or any other election matters into print. Election letters must be no longer than 150 words — and we'll only run one per writer per week. We'll fit as many as we can into the print edition and run others online, prioritizing those about local races and measures. Get writin'. (Letters responding to the *Journal's* non-election coverage are, as always, welcome and encouraged, and can run as long as 300 words.) All submissions should include the letter writer's full name, place of residence and phone number (we won't print your number). Send them to letters@northcoastjournal.com. ●

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Vote Smart, and Humane

By Skylar Blue

newsroom@northcoastjournal.com

Sadly, we've become a nation of *us* and *them*, of who's better and who's worse — a nation of frightened and judgmental beings. We can judge others but others have no right to judge us. How enormously sad and backward and inhumane.

We blame the homeless for being homeless, yet people working 40 hours a week at minimum wage still qualify for — and often need — foods stamps.

Most of us are old enough to remember when we didn't have a homeless problem. Sure, there were bums, freight train riders who were mostly older men unable to hold a job or a family. Mostly delusional, they kept to the rail yards looking for day jobs in exchange for a meal.

It wasn't that people just decided, one day in the 1960s, to just quit working and live off the streets. It was our politicians who forced this hand.

Let's talk for a moment just about California. As governor, Ronald Reagan, along with his Republican party, led the worst, most shameful mental health policies in decades as California became the leader in moving mentally institutionalized patients from hospitals to cheaper, for-profit group homes. By the end of Reagan's first term in the

late 1960s, more than half of California's mental patients were in these board and care homes, as they were called. The Lanterna-Petris-Short Act was then passed and went into effect in 1972, abolishing — except in extreme cases — the involuntary hospitalization of people exhibiting mental health needs.

The results were quickly apparent as board and care homes popped up all over poor and downtrodden neighborhoods, offering low rents, substandard health care and poor housing conditions. The also went unmonitored and this became the California norm. When many patients wandered off or were evicted because of their mental health issues, they became homeless in numbers never before seen. By the 1970s, the newly homeless were wandering the streets, unmonitored and unmedicated, living in skid rows and filling rundown hotels and motels, and being taken advantage of. This was the start of homelessness and its myriad of problems.

California also became the first state with a noticeable rise in incarcerations and violence on the streets. Many more arrests were made as society and the police found it the most reliable way to detain the mentally ill, and soon more jails were being built. To date, neither California's treatment of the mentally

ill nor its homeless issues have ever recovered.

Reagan would continue this legacy into his presidency. Reagan's predecessor, Jimmy Carter, signed into law the Mental Health Systems Act in 1980. It was a federal grant that allowed all individual states access to funding for the prevention of mental illness and to promote policies for positive mental health.

But once the Republican party, led by President Reagan, took power in the 1980s, the Mental Health Systems Act was discarded. States no longer got federal grants to help fund research or mental health programs. Reagan never understood mental illness and its impact on society. He came from an era when people didn't talk about their own dealings with family mental issues. He may have had no idea about how many families were affected, or he may not have cared. And though he would soon go on to be shot by an untreated schizophrenic man, Reagan was never interested in research or treatment of the mentally ill. Reagan died, many years later, of complications from Alzheimer's disease.

So before you judge and blame the majority of the homeless for their innate "laziness" and "not wanting to work,"

please realize the majority of these people have real illnesses and cannot work on any reliable time schedule.

But *really remember* who got us into this mess in the first place and how. We still don't have any concrete answers to this increasingly frustrating and expensive problem.

And remember that it really matters who we vote into office. Don't vote for someone who runs a scare campaign with a mob mentality, nor someone who has us blaming each other, thus forming separations from one another. Not someone who hasn't the vision or simply doesn't care to see that we all need each other and are stronger united. And not someone who does not have the experience to realize that one ill-begotten, one-sided, bad law signed without thought or regard for the future can, and will, end up being as expensive and seemingly uncontrollable as homelessness.

I beg of you, get informed. Read all you can about the backgrounds of our candidates, local and national, and their past attitudes on important issues before you vote. That way, when you do vote — and you must — you can vote smart. ●

Skylar Blue resides in Hydesville.



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EPD Shooting Case Heads to Trial

Parents who say a Eureka police officer fatally shot their son while his hands were in the air can take their case to trial, a federal judge ruled Aug. 31.

Twenty-two-year-old Thomas McClain was shot to death by Eureka police officer Steven Linfoot shortly after midnight on Sept. 17, 2014, and McClain's parents, Lance McClain and Jeanne Barragan, allege their son was complying with orders and had his hands up when Linfoot fired seven bullets, three of which hit their son as he stood in his front yard on Allard Avenue.

The city argued in a motion seeking to have the case thrown out that McClain was reaching for what turned out to be a BB gun in his waistband and that Linfoot acted appropriately to neutralize what he perceived as a potentially deadly threat.

During an Aug. 31 hearing in San Francisco, U.S. District Judge William Orrick said he would rule for the city on some counts alleging negligent pre-shooting conduct, but not for claims relating to improper use of deadly force.

But Orrick said that because one witness contradicted the officer's story and testified that McClain had his hands up when he was shot, the material dispute of fact must be hashed out by a jury.

Nancy Delaney, a private attorney representing Eureka, said there was "irrefutable evidence" that McClain's bicep was against his chest when the first shot struck him, proving his arms were at his sides, not in the air, when he was shot.

"We understand the plaintiffs have endeavored to essentially make the decedent a bit of a contortionist," Delaney said, before placing her hands near her waist to show the judge where she believes McClain's hands were when bullets first hit him.

The family's attorney, Dale Galipo, countered that it is undisputed that McClain never touched the replica gun in his waistband and that McClain tried to comply with the officers' conflicting orders to put his hands up and "get down."

Galipo added that no one can say which shot entered McClain's body first, to prove what position his arms were in when the first bullet struck him.

Delaney told the judge that an audio recording of the incident reveals clearly that officers told McClain to keep his hands up, but the judge said he reviewed the footage and found it more opaque than straightforward.

"The commands on the video were confusing to the third person not on the scene," Orrick said. "They may have been clear to a person there, but they certainly weren't clear to me. That's one of the reasons I think there is a dispute."

A transcript of the audio recording prepared by the defense indicates officers simultaneously told McClain to keep his hands up and to "get down" in the moments immediately before Linfoot opened fire.

The trial is set to start on Nov. 17 at the Federal Courthouse in McKinleyville.

— *Nicholas Iovino/Courthouse News Service*
POSTED 09.01.16 READ THE FULL STORY ONLINE.

Baila Con Bagels



A large crowd filled the space between Los Bagels and Wildwood Music to listen to SambAmore at the 31st annual I Block Party in Arcata on Labor Day, Sept. 4. The music and food-filled party in the street benefits the Arcata-Camoapa Sister City Project.

Photo by Mark Larson POSTED 9.06.16

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Infanticide Arrest: Ewa Misztal, 28-year-old Polish national, faces 25 years to life in prison after being charged with killing her 2-month-old daughter. Arcata police were called Aug. 27 to a report of an "unresponsive child" and the girl was later pronounced dead at a local hospital. Misztal has been charged with committing assault on a child causing death. POSTED 09.02.16

Charges Dismissed: The California Attorney General's Office has dismissed elder abuse charges against William Clawson, a registered nurse accused of neglect in the death of 83-year-old Jeannie Newstrom in 2013. Clawson's co-defendant, Mia Bressler, pleaded guilty to a misdemeanor charge in the case and was sentenced to three years of probation. Clawson still faces license revocation proceedings before the Board of Nursing. POSTED 09.01.16

Body in the Eel: The body of 26-year-old Joshua Deyo, of Wisconsin, was found floating face down in the Eel River at Bear Canyon Bridge near Garberville on Aug. 30. As the *Journal* went to press, Deyo's cause of death had not been released. If the death is ruled a drowning, it would be the county's sixth of the year. POSTED 09.01.16

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Digitally Speaking

14 The number of homicides recorded in Humboldt County so far in 2016, including two men found dead at a large marijuana grow near Hyampom over the weekend and a Willow Creek robbery victim who died of his gunshot wounds. POSTED 09.06.16

They Said It

"We are disturbed by this animal's death, take responsibility for failure to observe proper protocols, and have taken corrective actions to ensure that a mistake like this doesn't happen again."

— *Humboldt State University College of Natural Resources and Sciences Dean Richard Boone, responding to news that staff had observed the declining health of a dying Pacific fisher in a department laboratory for six days without calling a veterinarian.* POSTED 09.02.16

Comment of the Week

"What would 'Bob' say, he would say 'everything's going to be alright.'"

— *Cindy Hinkley commenting on the Journal's Sept. 1 Week in Weed column "Under the Tuff Gong."* POSTED 09.01.16

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9. Winner must be present at final drawing.
10. Photo must accompany entry form.



Gray fox. U.S. Fish and Wildlife Service

The Battle of Orleans

A rabies outbreak in rural Humboldt County

By Linda Stansberry
linda@northcoastjournal.com

It was a warm night in early August, and Todd Raffensperger had fallen asleep on the couch watching TV. Raffensperger has no air conditioning and takes medication that makes him sensitive to heat, so, as usual, the front door was open. When he woke in the middle of the night, it took a few minutes to register what was out of place: A strange, pointy pair of ears atop an unfamiliar profile with two vulpine eyes staring at him in the dim light of his living room.

"It was just kind of sitting there with almost a grin on its face," Raffensperger said of the fox, which had been spotted earlier that week in Orleans chasing a neighbor's horses. "It seemed friendly. I wish I hadn't reacted how I did."

Raffensperger yelled at the fox and then "tried to elbow it." The fox bit him. He finally managed to get it out of the house, although it attempted to come back in several times. The fox was later captured and brought to Humboldt County Environmental Health, where on Aug. 5 it tested positive for rabies. Then Raffensperger's treatments began.

While it looms sinister in popular imagination, rabies is completely treatable

in humans if caught in time. Raffensperger said the series of shots he received was pretty painless and — contrary to rumors — the injections are not administered in the stomach. Raffensperger, who suffers from amyotrophic lateral sclerosis (also known as Lou Gehrig's disease), is used to being poked and prodded.

"That rabid fox traumatized them."

— Todd Raffensperger,
speaking about his cats

"It's fairly painless, really not that bad of a thing," he said, with his soft Wisconsin accent,

adding that his neighbors had jokingly started calling him "Rabid Raff."

But Raffensperger's concerns didn't end with his own health. He also had a colony of cats and kittens, offspring from a single female left with him several years ago. Raffensperger says he's not really a cat person, but unneutered felines tend to multiply quickly, and soon there were 24 cats in and around his home.

"They're nice cats," he said. "They're well behaved and stay outside. That rabid fox traumatized them."

It is mandatory in California for dog owners to vaccinate their pets against rabies, but the same standards do not

apply to cats. Raffensperger, who lives on a fixed income, could not afford to spay or vaccinate the quickly-growing colony. He contacted some local rescue groups when the population began to get out of hand but, mostly due to a lack of transportation, did not use their services.

According to the Centers for Disease Control and Prevention's website, "Unvaccinated dogs, cats, and ferrets exposed to a rabid animal should be euthanized immediately. If the owner is unwilling to have this done, the animal should be placed in strict isolation for six months and vaccinated one month before being released."

But control and containment of animals potentially exposed to rabies seems to rely heavily on the help and cooperation of owners.

According to a statement from the Humboldt County Department of Health and Human Services, the environmental health division "is responsible for overseeing all rabies related domestic animal (cat, dog, livestock) quarantines."

Environmental Health did put out informational fliers in Orleans, asking members of the public to call with questions and concerns, but Raffensperger's cat colony was not quarantined.

According to the county website, the county animal control division is responsible for "enforcing compulsory rabies vaccination and quarantine ordinances." The sheriff's office, which oversees animal control, responded to our inquiry by saying that, while it assisted in this case, the environmental health department was the lead agency.

Rob Patton, animal control facilities manager for the county shelter, said that how a case such as Raffensperger's is handled "really depends on the situation."

"We suggested he keep an eye on it," Patton says, adding that Raffensperger was advised on what symptoms to look for, including behavior changes such as increased vocalization, appetite loss or aggression. "If they become more violent, or more lethargic, if their behavior changes at all, you should get that animal observed and possibly scanned."

Rabid foxes are fairly rare, according to the latest statistics available from the CDC. In 2014 they made up only 1 percent of total cases in wild animals, with bats and skunks being more common carriers of the disease. Of the 6,000 cases of rabies in animals reported across the United States and Puerto Rico that year, 59 were dogs and 272 were cats, and only three

Rabies Virus Positive Animals in Humboldt County

Source: Humboldt County Department of Health and Human Service's Division of Environmental Health

Year	Bat	Cat	Cow	Fox	Skunk	Other	Total
2006	4	0	0	1	0	0	5
2007	1	0	0	4	1	1	7
2008	0	1	0	7	2	0	10
2009	0	0	0	36	2	0	38
2010	1	0	0	2	0	2	5
2011	1	0	0	0	2	0	3
2012	1	0	0	0	0	0	1
2013	0	0	0	0	0	0	0
2014	0	0	0	0	0	0	0
2015	0	0	0	0	1	0	1

such cases were in California.

Cases of rabies in Humboldt County over the last 10 years have been consistent with the state and national statistics, with the exception of 2009, during which there were 36 confirmed cases of rabid foxes.

Humboldt County has also seen an uptick in rabies cases this year. A teenager in Fortuna was treated in May after being bitten by a fox that later tested positive for the disease. A dog that was exposed to rabies after fighting with a rabid skunk was euthanized in July. It was the first time a dog had tested positive for the disease, which causes inflammation of the brain, seizures and eventual death, in more than five years.

"Rabies is endemic to Humboldt County and is always present in the mammalian wildlife population at some level," said Christine Messenger, spokesperson for DHHS. "Disease prevalence typically remains relatively low but levels fluctuate cyclically following the rise and fall of various wild animal populations which are capable of carrying the disease. Currently, we are seeing a spike in rabies cases throughout the county."

Raffensperger, who was given a diagnosis of two years to live seven years ago, was healthy enough to feed, care and cuddle with the cats, but not enough to trap and quarantine all two dozen of them. He worried about the disease

spreading through the cats and possibly causing an outbreak in his small town. He claims he was instructed to contact non-profit animal rescue agencies such as the Humboldt Spay Neuter Network for help with vaccinations and population control.

"Currently, we are seeing a spike in rabies cases throughout the county."

— Christine Messenger, DHHS

"I just flipped," said Jennifer Raymond, director of HSN, adding that she had tried to help Raffensperger with his cat population before the rabies scare. "We offered him every bit of help we were able to."

But working with animals potentially exposed to a deadly, infectious disease is far and above the call of groups like HSN, which are largely volunteer-based and concentrate on spaying, neutering and, occasionally, re-homing animals.

"We have no training in this," said Raymond. "I would like to think that animal control officers get some training and they have some equipment. We could have gone out there and got his cat ... then we would have had all our workers exposed to a very deadly disease. My feeling is when we call our animal shelter they do their very best to do as little as possible."

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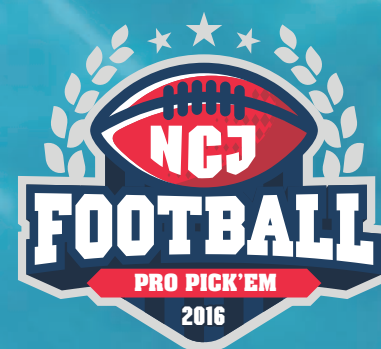
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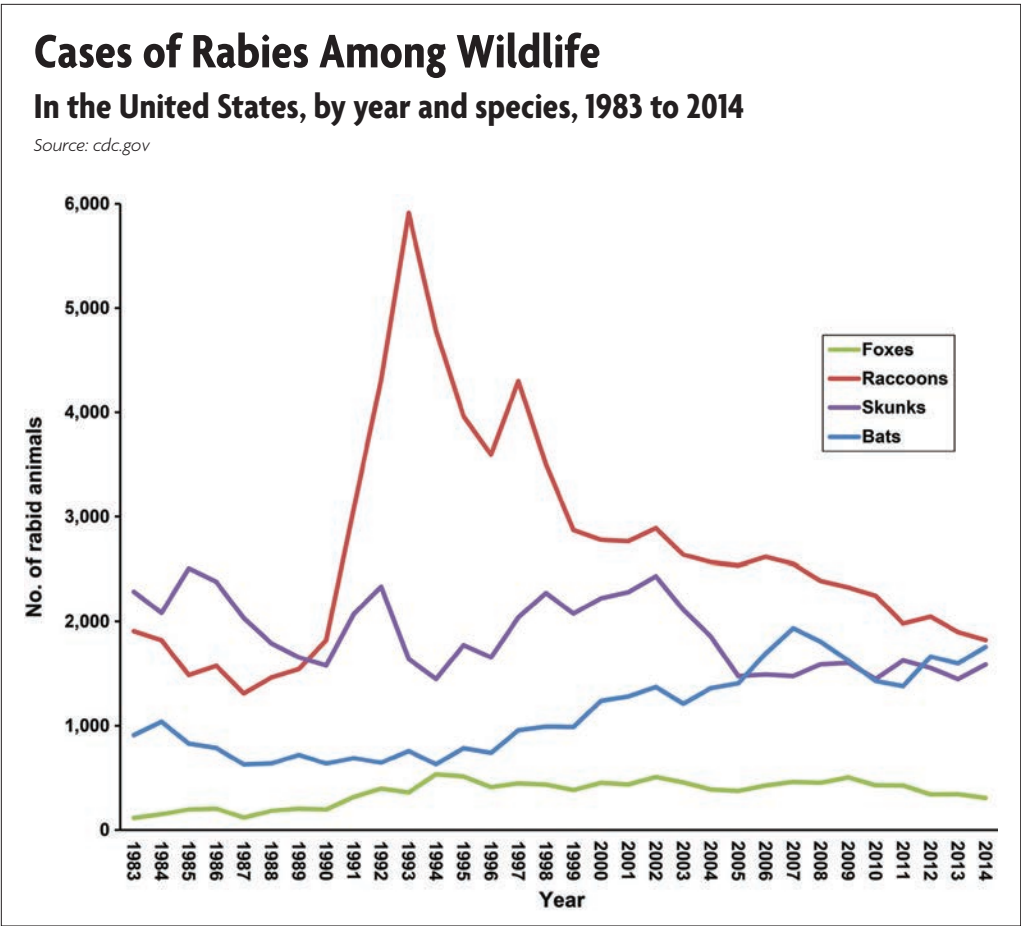
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“Public Health would also be interested in hearing from anyone in the Orleans area about cats or dogs showing evidence of what could be symptoms of rabies, such as seizures, unstable gait or abnormal behavior.”

— Press release from the Humboldt County Department of Health and Human Services

For its part, animal control has stated in the past that government run shelters are almost never self-sustaining. (See “Strays,” our cover story from Nov. 19, 2015.) Spaying a large dog alone costs around \$100, and adoption fees top out at around \$150. While the Humboldt County shelter has a relatively low euthanasia rate, it has also been running full in the last year, and has at several points sent out bulletins that adoptable animals were at risk for euthanasia due to overcrowding. The emergency medical fund, which pays for veterinary expenses above the \$250 per animal allocated by the county, has been dry for several months. Some rescue advocates have stated this means that animals with large veterinary bills will automatically be euthanized. Patton disputes this, saying that the money is reallocated from other expenses. But with a budget of around \$900,000 a year, these

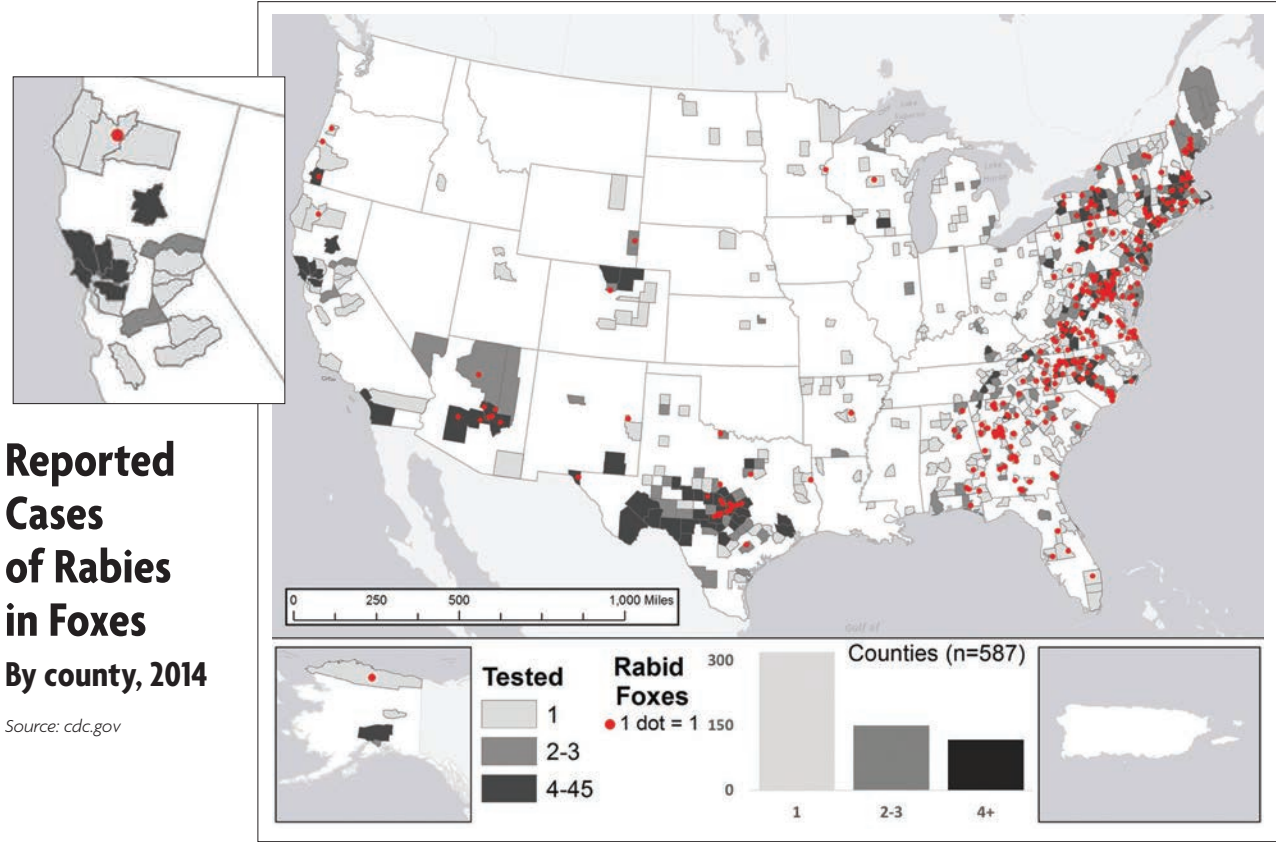
resources are finite, and the county relies heavily on nonprofit rescue groups to stem the tide of overpopulation.

“We run off of government money which is tax-base related,” said Patton. “It would be nice if we could operate as a business but we’re not a business.”

Meanwhile, Raffensperger monitored the cats and kittens anxiously as he tried to regain his own health. Within a few weeks, he noticed that one had begun behaving oddly: It was louder, more aggressive, acting strangely. As a former farm worker, he had some experience with what was necessary, but says what came next was entirely against his nature. He killed it himself and called the county to come and test the body.

“I’m not that kind of a person,” he said over the phone last Wednesday. “I feel terrible about it and I haven’t found out the results. If it comes back positive, am I supposed to feel good about it? If it comes back negative, how am I supposed to feel about it? I don’t know the implications. Am I creating a serious contagion?”

On the morning of Friday, Sept. 2, the offices of the Humboldt Spay Neuter Network received a surprise visit. An animal control officer arrived, requesting to use all the organization’s live traps. Raffensperger’s cat had tested positive. The entire colony had to be euthanized. At first, some of the volunteers



Rabies in California

Source: Rabies Surveillance in California
Annual Report 2014, California Department
of Public Health

5,899 Specimens
tested

203 10-year average of
confirmed cases

200 Total confirmed
cases of rabies

197 Cases of rabies
were reported
in wild animals: 168 bats,
28 skunks and 1 fox

3 Domestic animals were
reported with rabies

resisted, saying that euthanizing animals
is contrary to their mission, but Raymond
eventually gave in and handed over the
traps.

Later that day, the county Department
of Health and Human Services issued a
press release encouraging owners to vacci-
nate their pets.

"Public Health would also be interested
in hearing from anyone in the Orleans area
about cats or dogs showing evidence of
what could be symptoms of rabies, such
as seizures, unstable gait or abnormal
behavior," the press release states.

When the *Journal* spoke to Raffens-
perger on Tuesday, he sounded philo-
sophical about Friday's events.

"It's a blessing and a curse," he said,
adding that there were about four cats left
and he planned to work with HSN to get
them spayed and neutered. "I don't have
24 animals to feed anymore. Maybe it's a
little more dealable. I don't have to worry
about giving the neighbor's dog rabies."

"Hopefully a bunch of people got coordi-
nated who aren't coordinated," he said,
referring to the multi-agency response to
the issue. "There are so many different
agencies and different concerns. It was
interesting to see who showed up and co-
operated. I think it was a success in terms
of public education and intergovernmen-
tal cooperation." ●

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Art Beat

Ocean Views

Woodcut prints by Tom
Killion at Reese Bullen

By Gabrielle Gopinath

artbeat@northcoastjournal.com

In *McWay Rocks Big Sur* (2013), we view the scene from on high — lean in and a twinge of vertigo might seize you. The diagonally oriented composition yields a striking contrast. The looming headland, with its cloud-like formations of low shrubbery rendered in a wiggly violet line, is balanced by its paired expanse of saturated blue. In the areas where the pictured ocean deepens from turquoise to ultramarine, Tom Killion's pigments possess the same effect of intensity that the scene might believably possess in real life. Here, as in other prints by the artist, an impression of great detail is created, even though the line is actually more economical and reductive than you might at first suppose.

Humboldt State University's Reese Bullen Gallery hosts multi-color woodcut prints of California's coastal landscapes by Tom Killion this month. Killion, born and raised "on the slopes of Mt. Tamalpais" in Marin County, is a fixture in the Bay Area printmaking scene: author of many illustrated books, founder of Quail Press and chronicler of the Northern California coast, he has been making landscape prints in the Japanese manner since the 1970s. This traveling exhibition collects many of the images from his latest book titled, like the show, *California's Wild Edge: The Coast in Prints, Poetry, and History*, which came out with Berkeley's Heyday Press last year.

Killion has stated that the images he makes all begin in direct observation, with sketches made in *plein air* — he is not interested in working from photos. At the same time, he is no literalist. The images he makes accommodate a dimension of subjectivity, even idiosyncrasy. There's a wiggly, tensile quality to the line that suggests every aspect of these scenes is interconnected and alive.

Captions record the year and sometimes the season in which the pictures were made, along with a few words about the places they represent. "Hardy Creek on the Mendo Coast north of Westport is where Hwy. 1 turns inland and the rocks form the 'southern gate' of the fabled Lost Coast," one reads. The exhibition wall text



A spring sun sets over "Tennessee Cove, Marin Headlands" by Tom Killion.

Courtesy of the artist

also includes information about process and edition size, at a scholarly level of detail that will be appreciated by woodblock aficionados.

Woodcut is among the oldest print-making processes, with a long history of use in East Asian and Western contexts. The Japanese *ukiyo-e* or "floating world" artists Katsushika Hokusai and Utagawa Hiroshige are among the masters of the genre; Killion's work has been strongly influenced by their landscapes but it's clear he's spent a lot of time looking at European and American wood engravers as well, especially the work of Eric Gill and Rockwell Kent.

Woodcut technique involves carving into a block of wood or linoleum and chiseling away the negative space around each image to be inked. For each color, a different plate must be created and the paper must be rolled through the printing press separately. Precision is part of the process. Killion's prints are technically accomplished, sometimes involving as many as a dozen colors. Killion has stated that he "carves his images into cherry, all shina plywood, Amsterdam linoleum and other block materials using Japanese handtools." He prints on handmade Japanese kozo paper, using oil-based inks and a German hand-cranked proofing press.

In the Reese Bullen Gallery, director Michele McCall-Wallace took the exhibition option of arranging prints according to the locations they depict, which makes for fun viewing. The sequence runs down the coast from north to south, starting just north of Cape Mendocino. (Humboldt residents can only hope that a future project will lead Killion to venture out to the real Northern California so he can record our beauty spots.) It's positioned to the

immediate right as viewers enter. If you follow the sequence as it bends around the gallery, the familiar act of circumnavigation becomes a loose synecdoche for the experience of driving down the coast.

As we move through the gallery, from Point Reyes to Big Sur to Morro Bay to San Pedro, the prints could be postcard views from a surfer's solo pilgrimage. Killion returns to spots at intervals of years and even decades. The logic of the hang dictates that these efforts be grouped together, which provides an opportunity to appreciate the ways in which the artist's style has elaborated over the past 30 years.

Killion belongs to a cohort of ecologically minded Northern California artists who celebrate wilderness in painting, prints and poetry, so *California's Wild Edge* boasts a large cast of distinguished collaborators and kindred spirits. Like the book it is based on, the exhibition pairs his prints with their words. Wall text includes poems and passages by Gary Snyder, Jane Hirschfield, Jim Dodge and Jerry Martien, as well as older excerpts by authors like Richard Henry Dana. Stop and read on your journey around the gallery. ●

A public event to celebrate California's Wild Edge will take place in the HSU Library's second-floor Authors' Hall on Thursday, Sept. 22 at 5:30 p.m. Tom Killion will give an artist's talk and Jerry Martien and Jim Dodge will read their poetry. A reception in the Reese Bullen Gallery will follow. The gallery is located in the HSU Art Department Building at the intersection of B and Laurel streets. Gallery hours are Monday, Tuesday, Wednesday and Friday noon-5 p.m., Thursday noon-7 p.m., and Saturday 10 a.m.-2 p.m.

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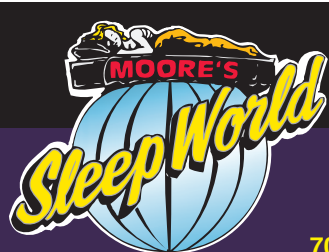
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Arts! Arcata is Arcata Main Street's monthly celebration of visual and performing arts, held at locations in Arcata. Visit www.facebook.com/artsarcata for more information or call 822-4500.



Abstract paintings by Reuben T. Mayes
at Stokes, Hamer, Kirk & Eads, LLP.

ARCATA ARTISANS 883 H St. September's featured artists Joyce Jonte (watercolors) and Michael Pearce (ceramics). Wine pour benefits the Breast & GYN Health Project.

ARCATA EXCHANGE 813 H St. "Framed," Carla Newton, multimedia. Music by Dale Wingett. Wine pour benefits the Humboldt Historical Society.

BANG! BANG! Vintage 824 L St., in the historic Creamery Building. "My German Family," Christine Bietz, acrylic painting. Live music.

BUBBLES 1031 H St. Music by Clean Livin'.

FATBÖL CLOTHING 1063 H St. Fatbol Cyphers #21 host NAC ONE and resident DJ M. Music by The Hip Hop Lounge (members of Object Heavy). All emcees and lyricists are welcome to freestyle or recite your verses with live DJs.

FIRE ARTS CENTER 520 South G St. Ceramics by Bob Raymond and Caroline Roche.

FOLIE DOUCE 1551 G St. Amy Granfield, oil paintings.

GARDEN GATE 905 H St. Holly Sweet, story ceramics. Music by the Compost Mountain Boys. Wine pour benefits the Arcata House Partnership.

THE GRIFFIN 937 10th St. (formerly Robert Goodman) Joyce Jonte, watercolors. Music by Ruby Landon.

JACOBY'S STOREHOUSE 791 Eighth St., Mezzanine Gallery. Reuben T. Mayes, acrylic paintings.

LIBATION WINE SHOP & BAR 761 Eighth St. Sierra Martin, paper, ink, acrylic paint, glue and Mod Podge. Music by Duncan Burgess.

MOONRISE HERBS 826 G St. Renee Thompson, acrylic paintings and prints.

NORTHTOWN COFFEE 1603 G St. Jerry Spaulding and Rachel Leal, paintings.

OM SHALA 858 10th St. Christina Swindler, paintings and jewelry. Refreshments.

PACIFIC OUTFITTERS 737 G St. Alnus Rubra, ceramics and illustrations. Music by Crosby Morgan. Wine pour benefits the Humboldt Timber Wolves Hockey Club.

PLAZA 808 G St. "Humboldt Pastels," Lisa Landis, pastels.

PLAZA GRILL Jacoby's Storehouse 791 Eighth St. Brad Job, photography.

PLAZA VIEW ROOM Jacoby's Storehouse 791 Eighth St. "Celebrating Fifteen Years of Stubbornness," Jay Brown, works on paper.

REDWOOD CURTAIN 550 S G St. Garret Johnson, mixed media.

THE SANCTUARY 1301 J St. Arcata "En Plein Air," Jody Bryan, Andrew Daniel, Steve Porter, Paul Rikard and others, plus historic postcards of Arcata from "The Humboldt Project."

STOKES, HAMER, KIRK & EADS, LLP 381 Bayside Road. Reuben T. Mayes, abstract paintings. Music by Margaret Kellermann. Wine pour benefits Relay for Life Team #169. ●



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Digging Deep

Adding a personal dimension to your garden

By Donna Wildearth

downanddirty@northcoastjournal.com

A stone spiral with a sculptural centerpiece in a Fortuna garden.

Photo by Donna Wildearth



How do we experience a garden? Probably the first thing we notice is the visual aspect — the colors, textures and overall design that appeal to us. We may also enjoy fragrant flowers and plants with aromatic foliage and the scent of newly mown lawn or freshly turned earth. Fruits and vegetables delight our sense of taste, plants such as furry Lamb's Ears invite us to touch them and then there are soothing garden sounds such as running water, bird songs and the buzzing of busy bees. The more senses we can bring into play, the more deeply we can enjoy our garden.

But a garden can have another dimension — what I think of as the ultimate dimension — if it is also a place with some personal significance, so that it appeals to us not only physically but emotionally, intellectually or spiritually. Imagine stepping into a garden that reminds you of people, places or ideas that are meaningful to you. Here are four suggestions to try.

Plants with Meaningful Associations

These are plants that remind you of people or places you love. In my garden I grow sweet peas, which remind me of my grandmother's garden and the vases of fragrant sweet peas it provided. And I grow freesias and butterfly iris, which remind me of Santa Barbara, where I lived many years ago and first encountered these plants. Plants that were given to you by friends are also plants with meaningful associations. You can grow them scattered throughout the garden or group them

together in a "friendship garden."

Yet another approach to meaningful plants can be seen in the ancient Catholic tradition, still alive today, of planting flowers associated with the Virgin Mary. There are many plants known as "flowers of the Blessed Lady," including roses, Madonna lilies, Lady's Mantle and Virgin Bower.

Handmade Garden Art

Plants are wonderful but adding human touches such as art are a great way to add interest to a garden, introducing different colors, materials and textures. Of course, you can purchase statues or other garden ornaments, but I suggest making something yourself. Creating a piece of art is uniquely satisfying. And it doesn't have to be art with a capital "A" — it may be a whimsical junque art piece made from recycled/repurposed materials, for example. If the artwork is something you've created, when you catch sight of it you can appreciate the piece itself and recollect the excitement you felt making it.

Symbolic Gardens

If a symbol resonates with you, it can be powerful to translate it into a landscape feature or use it as the basis of a landscape design.

Spiral gardens are one example of symbolic gardens. Spirals are ancient and widespread symbols that can represent energy, movement and the dynamic unfolding of life. The photo above shows a spiral garden I designed for a landscape in Fortuna. Several years ago, I also made a simple garden plaque by attaching colorful beach stones in a spiral design on a 12-inch

square black slate tile.

The mandala — the Sanskrit word for circle — is another ancient symbol that can be used as the basis for a garden design. Closely related to mandalas is the image of a circle in a square. The circle is often understood as representing spirit, wholeness and eternity, while the square stands for the body, earth and matter. Together they symbolize the union of opposites.

Labyrinths can be a metaphor for the soul's journey on Earth. Images of labyrinths have been found in prehistoric pagan carvings, in Egypt, in Jerusalem and in medieval cathedrals in Europe, as well as in some modern-day churches. Labyrinths make striking landscape features at both large and small scales. They can be constructed using rocks, bricks, concrete, or even simply mowing paths in a lawn.

The Chinese principles of feng shui can also be utilized to organize a landscape. I am not a feng shui expert, but from what I know about this approach, I think it could be a useful way to arrange landscape features in a way that reminds us of the importance of balancing all the aspects of our lives. The tree of life symbol in the Jewish mystical tradition of the Kabala can also be used as a template for laying out plants in accordance with what are believed to be "power zones" within a stylized tree form.

A favorite extreme example of a symbolic garden is the Garden of Cosmic Speculation in Scotland. Charles Jencks and his late wife Maggie Keswick created this landscape to celebrate the scientific discoveries of the 20th century. The cou-

ple attempted to portray some of these abstract ideas, such as quantum mechanics, in structures and forms that people could experience in the landscape. For instance, the garden contains a dizzying Black Hole Terrace illustrating how both time and space are distorted near black holes, and in another area of the garden there is a large cast aluminum sculpture of the double helix DNA molecule.

If you are interested in symbolic gardens, I highly recommend *Gardens for the Soul* by Pamela Woods, an English landscape designer. This book contains beautiful pictures of many of the symbolic gardens mentioned here.

Garden Words

Lastly, if you are a person who likes words, I suggest creating a personally meaningful garden by including a well-chosen word or phrase. This technique was practiced in ancient China, where gardens were often laid out as a series of courtyards enclosed by walls. Beside a gate that led from one courtyard to the next there was often an evocative phrase: "Linger and Enjoy," or "The Place to Cultivate the Friendship of the Moon." I'll end with a poem by the Japanese poet Basho that I think would be a lovely addition to a garden:

The temple bell stops
But the sound keeps coming
Out of the flowers.

Donna Wildearth is the owner of *Garden Visions Landscape Design* in Eureka. Visit her website at www.gardenvisions.biz.



Table Talk

Chicken Soup for the Vegan Soul

With mushrooms and miso

By Louisa Rogers

tabletalk@northcoastjournal.com

Like cooks everywhere, I scan recipes in newspapers, magazines, cookbooks, online. But I also have a private habit I don't tell many people: If I'm drawn to a recipe in a cookbook in a store, I have been known to scribble down the basic ingredients and their ratios without buying the book. Back at home over the stove top, I get out my cooking instruments and riff. Culinary jazz!

The first time I "borrowed" the ingredients from a cookbook page, I was visiting my future in-laws in Maidstone, England. I had offered to bake banana bread, my first attempt to impress them in the kitchen. But I couldn't remember the proportions and I did not want to embarrass myself by overdoing the baking powder, resulting, I knew from sad experience, in a bitter taste. In the W.H. Smith's bookshop on the High Street, I checked out the cookery section. Banana bread is not a tradition in England as it is here, but I did find a recipe for a "banana cake." The end result from my penciled notes passed the test. I'm not sure plagiarizing ingredients from a cookbook is the best way to ingratiate oneself to one's in-laws, but it didn't seem to damage our bond and in years to come, my mother-in-law and I would spend many a happy sherry-soaked afternoon competing over cutthroat Scrabble.

The recipe that follows is another such derivative of something I found in a newspaper. The original called for a litany of Japanese ingredients I wasn't familiar with then: mirin, sake, enoki, shiso and nori. But it also called for toasted sesame oil, tamari, ginger and garlic, which I did know. I'm a sucker for those ingredients, especially



Comfort food in 20 minutes. Photo by Holly Harvey

marinated together. The toasted sesame oil, in particular, is an item I'd carry with me to a desert island along with the works of William Shakespeare.

But enough with the rapture! I skipped the other ingredients, made notes of the proportions and improvised a new soup with the ones I liked.

Omitting some ingredients made my effort much faster. Whereas the original recipe takes over an hour, mine was ready to eat in 20 minutes. I'm sure foodies would argue that the longer-cooking soup has, like older wines, a more "complex" flavor, and they're probably right. But I'm not that discerning an eater or a drinker, and for impatient cooks like me, my simple version will satisfy anyone, especially on a chilly, overcast day. With no meat or dairy, this silky soup is particularly suited for vegetarians or vegans, but its woody mushroom and miso base would make it popular even among meat eaters.

The original recipe called for shiitake mushrooms and king oyster mushrooms (also called eryngi or trumpet), but I've tried white button, shiitake, portobello and cremini, and they all work.

Miso is an Asian product worth getting to know. It's made from fermented soybeans and grains (rice or barley), which together create the rich taste known as *umami* — meaty without being meat. Like most people, I was introduced to it in sushi restaurants, where miso soup is a thin broth — tasty, but a little too watery for my preferences. After some experimentation, I now incorporate miso and its mega health benefits into many recipes. It's a probiotic, full of friendly bacteria, and

helps with digestion. One caveat, however — miso is high in sodium, so I never add salt to this recipe.

Health benefits aside, does the soup taste any good? Glad you asked. My answer is rhetorical: How can any recipe with toasted sesame oil, tamari, garlic and ginger *not* be good? Mind you, I love garlic, so I use a lot. This soup is so comforting, I call it Chicken Soup for the Vegan Soul.

Mushroom Miso Soup

Serves 2

1 tablespoon olive oil
2 to 4 large garlic cloves, minced
1 onion, chopped
1 pound mushrooms of any type, chopped
3 tablespoons yellow miso
3 teaspoons tamari or soy sauce
2 teaspoons toasted sesame oil
1 pinch powdered ginger.
Water

Warm the olive oil in a 3-quart saucepan. Add the garlic and onion and sauté for 5 minutes. Add the mushrooms and sauté another minute. Mix in the tamari or soy sauce, sesame oil, ginger and miso, stirring until the miso is dissolved. Add water to cover the ingredients and simmer for 8 to 10 minutes.

When the mushrooms are soft, ladle some of the soup (or all, if you're not into chunky soup) in the blender and purée until it's smooth. ●

Louisa Rogers has abandoned chunky soups in favor of purées, and wonders what this suggests about her personality development.

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THE ALIBI 1251 Ninth St., Arcata 822-1575			Rogues Gallery, R.I.P. (stoner rock, street doom) 11pm \$5		
ARCATA THEATRE LOUNGE 1036 G St., 822-1220	Stanton Warriors (EDM) w/Derek Watts, Dub Cowboy, Marjo Lak 9pm \$25, \$20 advance	<i>The Big Lebowski</i> (film) 8pm \$5		<i>Song of the Sea</i> (film) 6pm \$5	[M] Monday Night Football 7:20pm Free w/\$5 food/bev [W] Sci-Fi Night ft. <i>The Invisible Boy</i> (film) 7:30pm Free w/\$5 food/bev, All Ages
BLONDIES 822-3453 420 E. California Ave., Arcata	Open Mic 7pm Free		YAMS 9pm Free	Jazz Jam 6pm Free	[M] Trivia Night 7:30pm Free [W] Local Music Showcase 7pm Free
BLUE LAKE CASINO WAVE LOUNGE 668-9770 777 Casino Way	Karaoke w/KJ Leonard 8pm Free	The Trouble (rock, Americana) 9pm Free	NightHawk (dance, rock) 9pm Free	Karaoke w/KJ Leonard 8pm Free	
CENTRAL STATION 839-2013 1631 Central Ave., McKinleyville	Open Mic w/Jimi Jeff 8pm Free	Karaoke w/Rock Star 9pm Free			
CHER-AE HEIGHTS CASINO FIREWATER LOUNGE 677-3611 27 Scenic Drive, Trinidad		Headshine (acoustic reggae) 9pm Free	Uptown Kings (blues) 9pm Free	Karaoke w/DJ Marv 8pm Free	[T] Karaoke w/DJ Marv 8pm Free
CLAM BEACH TAVERN 839-0545 4611 Central Ave., McKinleyville	Legends of the Mind (blues, jazz) 6pm Free	Kindred Spirits (bluegrass) 10pm Free		Reggae Revival - Dread Lightning Hi-Fi 10pm Free	[M] Savage Henry Stand up Open Mic 9pm Free [W] Pool Tournament & Game Night 7pm Free
CRUSH 825-0390 1101 H St., Arcata	Trivia Night 8pm Free				
FIELDBROOK MARKET & EATERY 4636 Fieldbrook Road, 839-0521		Friday Night Music 7:30pm Free			
GRIFFIN 937 10th St., Arcata 825-1755		Ruby Landon 7pm Free			[W] Salsa 8:30pm TBA
HUMBOLDT BREWS 856 10th St., Arcata 826-2739	Absynth Quartet (indie-grass) 9pm \$10	Govinda w/ DJ D'Vinity Mr.415 9:30pm \$20, \$15	Renegades of Funk (DJ music) 9pm \$5		
HUMBOLDT STATE UNIVERSITY 1 Harpst St., Arcata 826-3011	Van Duzer: Las Cafeteras (East L.A. sound) 8pm \$25, \$5 HSU		Van Duzer: Colvin and Earle (singer/songwriters) 8pm \$46, \$15 HSU Fulkerson: Faculty Welcome Concert 5pm \$10, \$5		
THE JAM 915 H St., Arcata 822-4766	Cliff Dallas & The Death Valley Troubadours w/Rob Heiliger & The Beautiful Losers (outlaw country) 9pm TBA	Ultra Secret (funky jazz) 6pm-9pm HouseMF! 9pm TBA	Pride After Party 7pm-2am TBA	Deep Groove Society presents SUNDAZE (EDM) w/Mike Wlkr, Peter Board, Derek Watts 9pm \$5	[T] Savage Henry Comedy 8pm \$5 [W] Jazz at the Jam 6:30pm Free The Whomp (DJs) 10pm \$5



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LARRUPIN 677-0230 1658 Patrick's Point Dr., Trinidad		Blue Lotus Jazz 6pm Free			[W] Aber Miller (jazz) 6pm Free
LIBATION 761 Eighth St., Arcata 825-7596	Claire Bent on Ukelele 7pm Free	Duncan Burgess (guitar) 6pm Free	RLA Jazz Band 7pm Free		[T] Buddy Reed (blues) 7pm Free
LIGHTHOUSE GRILL 355 Main St., Trinidad 677-0077				Dee Hemingway 5pm Free	
LOGGER BAR 668-5000 510 Railroad Ave., Blue Lake	Trivia Night 8pm Free	Kingfoot with Canary and the Vamps 9pm Free	Pride Night w/DJ D-funk 9pm Free	Potluck (food) 6pm Free	[W] Cribbage Tournament 7pm \$5
MAD RIVER BREWING CO. 101 Taylor Way, Blue Lake 668-5680	La Patinas (rockin' Americana) 6pm Free	Lizzie and the Moonbeams (originals) 6pm Free	Honkey Tonk Detours (honky- tonk) 6pm Free		[T] MRBCo Crew Talent Show 6pm Free [W] Piet Dalmolen (guitar) 6pm Free
THE MINIPLEX 401 I St., Arcata 630-5000		<i>Ixcanul (Volcano)</i> (film) 6pm \$8 Live Band Karaoke: '90s Edition 9:30pm Free	<i>Ixcanul (Volcano)</i> (film) 4pm \$6.50 <i>Don't Think Twice</i> (film) 6pm \$8 <i>Belladonna of Sadness</i> (film) 9pm \$8	<i>Don't Think Twice</i> (film) 4pm \$6.50 <i>Ixcanul (Volcano)</i> (film) 6pm \$8 G.O.A.T. Karaoke 9pm Free	[M] <i>Lo and Behold, Reveries of the Connected World</i> (film) 8pm \$8 [T] Sonido Panchanguero (DJ music) 9:30pm Free [W] CFM (In the Red), Docidicus (garage rock) 9pm \$5 [T] Human Expression Open Mic 7pm Free
NORTHTOWN COFFEE 1603 G St., Arcata 633-6187		Open Mic 7pm Free			[M] Dancehall Mondayz w/Rudelion 8pm \$5 [W] Pints for Non-Profits - Humboldt Homebrewers
OCEAN GROVE 677-3543 480 Patrick's Pt. Dr., Trinidad			The Yokels (rockabilly) 8pm Free		
REDWOOD CURTAIN BREW 550 S G St. #6, Arcata 826-7222					
THE SANCTUARY 1301 J St., Arcata 822-0898	Beaucoup Chapeaux (European) 8pm \$5-\$20 sliding				
SIDELINES 732 Ninth St., Arcata 822-0919	DJ Ray 10pm TBA	DJ Ray 10pm TBA	DJ Tim Stubbs 10pm TBA		
SIX RIVERS BREWERY 839-7580 Central Ave., McKinleyville		Buddy Reed and the Rip It Ups (blues) 9pm Free	Stand Up Comedy presented by SHITS 9pm \$7	Trivia Night 8pm Free	[M] Karaoke w/DJ Marv 8pm Free
TOBY & JACKS 764 Ninth St., Arcata 822-4198		Masta Shredda 10pm Free	DJ Ray 10pm Free		[T] Bomba Sonida w/DJ Pressure 10pm Free [W] Reggae w/Iron Fyah 10pm Free
TRIM SCENE 930 Samoa Blvd. Arcata (614) 357-8427				Dolly Parton Look-Alike Contest, Barn Fire, pie social, potluck 6pm TBA	

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Live Entertainment Grid

Music & More

EUREKA & SOUTH

Arcata and North on previous page

Eureka • Fernbridge • Ferndale • Fortuna • Garberville • Loleta • Redway

VENUE	THUR 9/8	FRI 9/9	SAT 9/10	SUN 9/11	M-T-W 9/12-14
BANANA HUT 621 Fifth St., Eureka 443-3447		Latino Night with DJ Pachanguero 10pm Free			
BAR-FLY PUB 91 Commercial St., Eureka 443-3770		Bar-Fly Karaoke 9pm Free	DJ Saturdays 10pm Free		[W] Bar-Fly Karaoke 9pm Free
BEAR RIVER CASINO HOTEL 11 Bear Paws Way, Loleta 733-9644	Karaoke w/Casey 8pm Free	The Hot Rods ('50s & 60's oldies) 9pm Free	The Hot Rods ('50s & 60's oldies) 9pm Free		
BENBOW INN 445 Lake Benbow Drive 923-2124	Paco Martin and Friends (Latin music) 6pm Free	Paco Martin and Friends (Latin music) 6pm Free			[T, W] Paco Martin and Friends (Latin music) 6pm Free
CALICO'S CAFE 923-2253 808 Redwood Drive, Garberville			Frisky Brisket (violin, guitar) 7pm Free Live Music 6pm Free	Jen Tal and The HuZBand (acoustic duo) 6:30pm Free	
CHAPALA CAFÉ 201 Second St., Eureka 443-9514		Live Music 6pm Free			
CURLEY'S FULL CIRCLE 460 Main St., Ferndale 786-9696					[W] Open Mic Night 7pm Free
EUREKA INN PALM LOUNGE 518 Seventh St., 497-6093	Brian Post (jazz) 8pm Free	Bradley Dean (country rock) 9pm Free	Aloha 808 (Hawaiian music) 8:30pm Free		[M] Maui Monday (Hawaiian music) 7pm Free [T] Sunny and Steve (folk) 8pm Free [W] Comedy Open Mikey 9pm Free
EUREKA THEATER 518 Seventh St., 497-6093		Bullitt (film) 7:30pm \$5			
FERNBRIDGE MARKET RIDGETOP CAFE 623 Fernbridge Dr., Fortuna 786-3900					[M] Open Mic 5:30pm Free
GALLAGHER'S IRISH PUB 139 Second St., Eureka 442-1177	Seabury Gould and Evan Morden (Irish) 6pm Free	Papa Paul (folk) 6pm Free		Open Irish/Celtic Music Session 3pm Free	
GARBERVILLE THEATER 766 Redwood St. 923-3580				Open Mic 7pm \$5	[T] Open Mic 7pm \$5
LIL' RED LION 1506 Fifth St., Eureka 444-1344			Karaoke 9pm Free		
OLD TOWN COFFEE & CHOC. 211 F St., Eureka 445-8600	Open Mic w/Mike Anderson 7pm Free				
PEARL LOUNGE 507 Second St., Eureka 444-2017	DJ Pressure (DJ music) 9pm Free	Humboldt Pride Warm Up Party (DJ music) 9pm Free	DJ Pressure (DJ music) 10pm Free		

Plein Air at the LOST COAST

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BBQ & Live Music

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Sept. 28 - Oct. 2
2016

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Visitors can take **guided nature hikes** and mingle with artists during the day. Saturday will feature a **barbeque** and **live music**, **awards ceremony**, **art show and sale**.

Artists will enjoy a welcome dinner, workshops, lectures and live painting demonstrations, 2 Quick Draw competitions and 17 cash prizes awarded in Oil, Acrylic, Pastel and Watercolor mediums, with the Best of Show Winning \$1,000. Over \$5,000 in total artist prizes!

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FOR PRIZES & SIGNUP: NORTHCOAST JOURNAL.COM/ FOOTBALL





DJ duo Stanton Warriors is at the Arcata Theatre Lounge at 9 p.m. on Thursday, Sept. 8.
Courtesy of the artists

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VENUE	THUR 9/8	FRI 9/9	SAT 9/10	SUN 9/11	M-T-W 9/12-14
PERSIMMONS GALLERY 1055 Redway Dr., Redway 923-2748	House of Mary (alt. rock) 7:30pm Free	Sleepy Village (psych rock) 7:30pm Free			[W] Open Mic w/Andy Barnett 7:30pm Free
PLAYROOM 1109 Main St., Fortuna 725-5438		DJ Stirfry Willie 9pm TBA			
SHOOTERS OFF BROADWAY 1407 Albee St., Eureka 442-4131				Sonido Panchanguero 9pm Free	
SIREN'S SONG TAVERN 325 Second St., Eureka 442-8778		Kicker & Raukous (punk) 7:30pm \$7			[M] Phantom Wave Presents: Hardware Test 8pm Free [T] Open Mic 7pm Free
THE SPEAKEASY 411 Opera Alley, Eureka 444-2244		The Eureka Pizza Council (jazz) 8:30pm Free	Buddy Reed and the Rip It Ups (blues) 10pm Free		[T] The Opera Alley Cats (jazz) 7:30pm Free [W] No Covers and Ultra Secret (jazz) 7pm Free
STONE JUNCTION BAR 744 Redway Dr., Garberville 923-2562	Upstate Thursdays (DJ music) 9pm TBA				[M] Pool Tournament 8:30pm \$10 [T] Rootsday Tuesday (reggae, hip-hop, roots DJs) 9pm TBA
TIP TOP CLUB 6269 Loma Ave., Eureka 444-2244				Night Moves at Club Expression (DJ music) 9pm Free	[M] Bomba Sonido (Latin DJ music) 9pm Free
VICTORIAN INN RESTAURANT 400 Ocean Ave., Ferndale 786-4950		Jeffrey Smoller (solo guitar) 6pm Free			[T] Tony Roach (croons standards) 6pm Free

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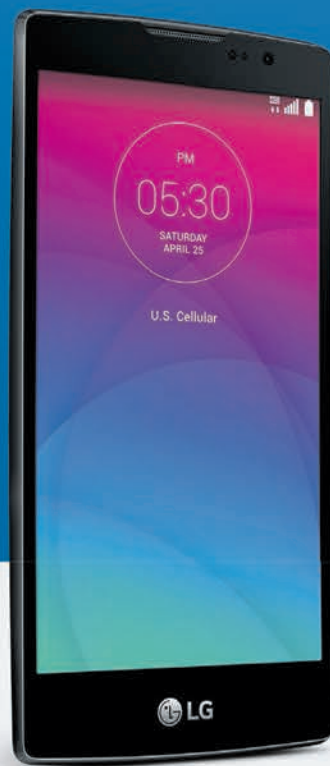
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Teacher, Teacher

By Andy Powell

thesetlist@northcoastjournal.com

There's the old saying "Those who can, do; those who can't, teach." There's also a more recent addition: "Those who can't teach, teach gym." Leaving that last one aside, I don't know if the saying is meant to put down teachers — perhaps specifically those damned liberal university professors — but we, as enlightened individuals, of course know it to be a woefully inaccurate.

This saying was disproven the most clearly to me during my short time as a music major at Humboldt State University way back when. I eventually left HSU with a degree in Philosophy — which is probably why I began to hear this saying in greater frequency — and I won't spend the time defending this area of study nor the excellent professors I had as it doesn't seem the correct venue. I will, however, use my experience as a music student for two of my five college years to explain why doing and teaching are not mutually (or musically) exclusive.

As a rather unremarkable student of the bass at the time, I was receiving private lessons from a cellist/professor. There are enough similarities between the instruments that someone at my primitive stages could learn a lot from a cellist. Around this time, I would go and check out local jazz shows as that was where you could find the red hot double bass players (sorry, bluegrass and old-time bass players). One of those who stood out was Shao Way Wu. I can't exactly recall what groups he played in but I knew by his delicate yet intense style of playing that he was a skilled musician. Sometime after that, he was hired on by HSU — and probably, like most musicians and teachers, for a bargain-basement rate — to teach bass lessons. I was thrilled, as I knew this guy was the real deal. Unfortunately at my young age I wasn't thrilled enough to practice very much. However, I learned a lot during my brief studies with Shao Way and would eventually wander towards the electric bass guitar. But what I remember most about those weekly lessons was just getting to watch him play. He would do, and then he would teach. I'm glad to hear that he'll be back in town (more below), so go listen and go learn.

Thursday

In the event you missed **Cliff Dallas and The Death Valley Troubadours** recently down at the Mateel, tonight you can "kick the shit off your boots and enjoy an evening of rowdy country music," as I am told. Seems an apt description. Joining these local musical outlaws at The Jam in Arcata are **Rob Heiliger and the Beautiful Losers**, in which the "legend himself" [Rob] is backed up by former members of former local bands The Cutters and The Hitch. I feel like I should know who this legend is, but I don't know that I do. For those of you a bit more in the know, head down around 9 p.m. for what I'm guessing is a \$5 show. **The Absynth Quartet** is at Hum Brews around the same time, and Ryan tells me that the band is almost done mixing down its next album and, perhaps because of such, its members are "feeling pretty good about ourselves right now. Smug even." It's a good feeling when you can see the light at the end of the album-recording tunnel. For just \$10 you can catch them, and some of their new songs at 9 p.m. Just a few streets over in Arcata, Fraktal Productions and Deep Groove Society are bringing **Stanton Warriors** in to town from the U.K. This DJ duo has been shakin' the butts for about 15 years now, so shake yours over to the Arcata Theatre Lounge to get your groove on. Deep Groove Society DJs **Derek Watts**, **Dub Cowboy** and **Marjo Lak** will be starting the party off around 9 p.m. and \$25 will get you in the door for the music and awesome visuals by Marmalade Sky.

Friday

A powerful yet nimble jazz duo hits the Morris Graves Museum of Art tonight at 8 p.m. The Redwood Jazz Alliance starts off its 11th season of concerts with **Tar Beach**, comprised of two HSU alum and jazz masters. Pianist Randy Porter and Shao Way Wu met while students at the university and remained in touch after Randy moved to Portland. Shao Way, as many local jazz fans know, stuck around and became one of the more prolific players in our neck of the woods. A few years ago, Shao Way decamped to Portland, reconnecting with Randy. Fortunately for us, they're stopping by to share some of their music. A \$15 cover charge for this concert, and get there



Govinda strings along at Humboldt Brews on Friday, Sept. 9 at 10 p.m.

Courtesy of the artist

early for a good seat. The Logger Bar in Blue Lake has their monthly show with local hardworking band **Kingfoot** and its redwood-soaked Americana. Joining this free 9 p.m. show will be **Canary and the Vamps**. Reminding me of Siddhartha's dear friend in Hermann Hesse's novel of the same name, **Govinda** hits Hum Brews tonight. A student of classical violin, he was eventually turned on to electronic music production. Marrying these two styles of music together — and I'm sure a few others as well — gave him his own sound, respecting styles and traditions of old while adding a modern setting and context couched in electricity. Also on tonight's \$20 bill are special guests, **DJ D'Vinity** and **Mr. 415**, who start this show off around 10 p.m.

Saturday

"Humboldt's Finest Rockabilly" will be on the menu at Redwood Curtain Brewery around 8 p.m. for free. You'll hear a beer-sippin' soundtrack provided by **The Yokels**. Now, just because they're playing for free doesn't mean you can't leave 'em a tip for their efforts. Later tonight, with no rockabilly in earshot, upsidedowncross hosts what I'll call "Humboldt's Finest Stoner Rock," courtesy of **Rogues Gallery** at The Alibi in Arcata. Rounding out this 11 p.m. bill is **R.I.P.**, some "West Coast Street Doom" from Portland that will be taking the floor first, if I had to guess, all for only \$5.

Monday

It's Monday, so that means the **Friendship Circle Dance Club** is underway at the Humboldt Grange in South Eureka around 7 p.m. Meet some new friends and dance in circles only for \$4 with music provided by **Kenny Ray and the Rovers**. If you show up at 6:15 p.m., you'll receive a dance lesson, thanks to Ken and Jenny, for just \$5 — and you can stick around to show off your new moves during the dance for free. As they say, "Blow up your TV and come out and dance!"

Wednesday

Guitarist of The Ty Segall Band, Charles Francis Moorhead will be at the Miniplex tonight with his band **CFM**, cranking out the crunchy and fuzzed-out garage rock. CFM is touring in support of their new LP they just put out, and they'll be receiving some local support from local punk duo **Dosidicus** around 9 p.m. \$5 for this show. ●

Full show listings in the Journal's Music and More grid, the Calendar and online. Bands and promoters, send your gig info, preferably with a high-res photo or two, to music@northcoastjournal.com.

Andy Powell is a congenital music lover and hosts *The Night Show* on KWPT 100.3 FM weeknights at 6 p.m. Do what thou wilt. Or don't.

Calendar

September 8 - September 15, 2016



Submitted

Arcata Main Street and KHSU have teamed up to present the **My Favorite Lecture** series, featuring three Humboldt State University professors. This month, hear C.D. Hoyle's "**The Undiscovered Universe**" at the **Plaza View Room** on **Sept. 8 at 7 p.m.** (free). Each talk is recorded live for future broadcast and is preceded by a reception featuring local foods, ciders, brews and wine.



Thinkstock

Hunters of interesting and strange things, are you ready for your next quest? Team up with four or five pals for the countywide **Bogglebang Scavenger Hunt, Sept. 10 to 18** (\$9 per member, \$20 team registration fee). Be the first team to solve riddles, follow clues and "meet ridiculous challenges" and you win bragging rights and something artsy. Sign up at bogglebang.dragonflower.ink.



Submitted

How well do you know the Wiyot? Get to know the culture of the people who have lived in the Humboldt Bay region for thousands of years at the **Wiyot Day Celebration** on **Saturday, Sept. 10** from **3 to 10 p.m.** at **Table Bluff Reservation** (free, \$10 donation for feast). The event, hosted by the Wiyot Tribe, features vendors, traditional dances and activities, as well as a feast.



Photo by Mark McKenna

Let it Ride

We're cool here on the coast. And what's cooler than classic cars or motorcycles? It seems like there's a car show, expo, ride, run, show, shine or swap happening more times on our calendar than in most places.

One of the coolest of cool things we do is **Cruz'n Eureka**. The fundraiser for the Boys and Girls Club of the Redwoods kicks off its three-day run with the **Eureka Napa Poker Run** on **Thursday, Sept. 8** starting at the **Red Lion Hotel** at **6 p.m.** On **Friday, Sept. 9**, there's a full day of car ogling and cruising starting with a **Show and Shine** on Commercial Street between Fourth and Fifth in Eureka from **11 a.m. to 3 p.m.** (free). At **5:30 p.m.**, catch the cars lining up under **Samoa Bridge** before the **Cruz' through Old Town** at **6 p.m.** (free). Close out the day with the coolest dude to strap on a duty belt and slap a siren on top of his car when Steve McQueen stars in **Bullitt** at the **Eureka Theater** at **7:30 p.m.** (price TBA). **Saturday, Sept. 10** is the **Cruz'n Eureka Car Show** in Old Town from **10 a.m. to 4 p.m.** (free). Stick around to see who takes home trophies at the **Car Show Awards** at the gazebo at **3 p.m.** (free).

Fans of two-wheeling action can check out the **Moto Envy Show**, a bike show and slow race hosted by and at the **Black Lighting Motorcycle Café** on **Saturday, Sept. 10** from **3 to 7 p.m.** (free). Drool over the sweet rides and vote for the best in categories like café, vintage, sport/racer, vintage racer, custom, rat, daily rider and more. Basically, whichever bike is envied most wins. Cool.

— Kali Cozyris



Submitted

Summer Send-off

Wrap up the sweetness of summer at an outdoor gathering with good friends, great food, fun beverages and live music. You've got two high-stepping parties in the greenery this week. Pick your pleasure and dress accordingly.

First up is **Barntini! Martinis in the Barn**, the annual benefit for the Jacoby Creek Land Trust and the Humboldt Wildlife Care Center at **Kokte Ranch and Nature Preserve** on **Friday, Sept. 9** from **5:30 to 9 p.m.** (\$35, \$30 advance). Sip on Dutch and Dewey vodka martinis, enjoy the taco bar with home-made tortillas, Kokte Ranch grassfed beef and all the fixin's, and oysters poppin on the grill around a fire. A silent auction, dancing and music by the **Honkey Tonk Detours** round out the evening.

Down the highway a stretch on **Saturday, Sept. 10** is the sixth annual **Garden Gala** at **Humboldt Botanical Garden** from **1 to 5 p.m.** (\$60, \$50 for members, \$50, \$40 advance, free for children under 12). The fragrant and fancy garden is the perfect setting for an afternoon of barbecue, wine, pizza and root-beer floats, all to the music of **Vintage Soul**. Bring the kids to remind them that discovering a butterfly or a beetle is just as exciting as catching a Pokémon.

See, saying goodbye to summer isn't that bad.

— Kali Cozyris

8 Thursday

ART

The Creative Spark: Get Inspired. 6:45-8:30 p.m. Wharfinger Building Bay Room, 1 Marina Way, Eureka. A slideshow and talk by fiber artist Janis Thompson about finding inspiration for art. This presentation follows a brief meeting of the Humboldt Handweavers and Spinners Guild. Free. lostsprings@wildblue.net. www.hhsguild.org/. 599-2729.

Figure Drawing Group. 7-9 p.m. Cheri Blackerby Gallery, 272 C St., Eureka. Chip in for the live model and hone your artistic skills. Go into the courtyard on C Street to the room on the right. \$5. 442-0309.

BOOKS

Thursday Afternoon Book Club. Second Thursday of every month, 12-1 p.m. Humboldt County Library, 1313 Third St., Eureka. Fun and lively discussion group focusing on adult fiction and nonfiction. Call ahead for upcoming titles. Free. www.humlib.org. 269-1905.

LECTURE

My Favorite Lecture Series. 7 p.m. Plaza View Room, Eighth and H streets, Arcata. Humboldt State University professors deliver their favorite lectures. Reception at 6 p.m. with complimentary appetizers and a no-host bar. This month hear "The Undiscovered Universe" by C.D. Hoyle of the physics and astronomy department. Free.

MUSIC

Beaucoup Chapeaux. 8-10 p.m. The Sanctuary, 1301 J St., Arcata. Reinterpretation of traditional tunes from a wide swath of Europe and the Balkans. \$5-\$20 sliding scale. thesanctuary.arcata@gmail.com. www.thesanctuaryarcata.org. 822-0898.

Las Cafeteras. 8 p.m. Van Duzer Theatre, Humboldt State University, Arcata. Vibrant musical fusion with a uniquely East LA sound and a message of social justice. \$28, \$5 HSU.

THEATER

After Darwin. 8 p.m. Redwood Curtain Theatre, 220 First St., Eureka. In this play-within-a-play, a director discusses with her actors how to interpret two famous historical figures from 1831: Robert Fitzroy and Charles Darwin. \$10-\$20 depending on date/time.

ELECTIONS

Mike McGuire Town Hall. 6:30-8:30 p.m. Eureka High School, 1915 J St. Join representatives from the Humboldt County Sheriff's Office, the Humboldt County District Attorney's Office, Board of Supervisors, CalTrans and local public safety agencies in a conversation about schools, neighborhood safety, investing in local roads and streets, improving homeless services, creating jobs and more. Free.

EVENTS

Hammer-In. Sept. 8-10, 9 a.m.-9 p.m. Willow Creek China-Flat Museum, 38949 State Route 299. Blacksmiths from around California and Oregon gather at the 17th annual event to demonstrate their craft in the blacksmith shop. \$50/person for blacksmiths. jkersh7@gmail.com. 498-2249.

Cruz'n Eureka. Sept. 8-10. Historic Old Town Eureka, Second Street. Barbecue, cruise, show and shine, vendors, swap meet, raffle and even some street-legal racing action. Benefits the Boys and Girls Club of the Redwoods. www.eurekamainstreet.org.

Humboldt Pride Week. Countywide. A week celebrat-

ing the local LGBTQ community with a parade, all-day festival, potluck, picnic, movies, softball games and drag shows.

FOR KIDS

Thursday Storytime. 10-11 a.m. Fortuna Library, 753 14th St. Fortuna Library presents a weekly morning storytime. Free. forhuml@co.humboldt.ca.us. www.humboldt.gov.org/296/Fortuna-Library. 725-3460.

Young Discoverers. 10:30 a.m.-noon. Discovery Museum, 612 G St., Eureka. A unique drop-off program for children ages 3-5. Stories, music, crafts, yoga and snacks. \$8, \$6 members. redwooddiscoverymuseum@gmail.com. www.discovery-museum.org. 443-9694.

FOOD

Bear River Farmers Market. 3-5 p.m. Bear River Community Center, 266 Keisner Road, Loleta. Featuring baked goods, tribal produce, handmade jewelry, native plants and more. 733-1900.

Henderson Center Farmers Market. 10 a.m.-1 p.m. Henderson Center, Henderson near F Street, Eureka. Fresh local produce, straight from the farmer. www.humfarm.org. 441-9999.

Eureka Natural Foods McKinleyville Farmers Market. 3:30-6:30 p.m. Eureka Natural Foods, McKinleyville, 2165 Central Ave. Local, GMO-free produce. Live music. EBT welcome with Market Match up to \$10/day for EBT spending. Vouchers available to SSI recipients once per month per market location. Free. info@humfarm.org. www.humfarm.org. 441-9999.

Pride & Pie Mixer. Sept. 8, 5-8 p.m. Slice of Humboldt Pie, 828 I St., Arcata. Eat and mingle with friends. Hosted by Humboldt Pride. All ages. www.sliceofhumboltpie.com.

GARDEN

Organic Farm Internship. Bayside Park Farm, 930 Old Arcata Road, Arcata. Interns work three months, six hours a week in exchange for fresh veggies and hands-on training in organic agriculture. Free. baysideparkfarm@cityofarcata.org. www.facebook.com/BaysideParkFarm/?fref=nf.

MEETINGS

Conservation Meeting. Second Thursday of every month, 12-1:30 p.m. Rita's Margaritas & Mexican Grill, 1111 Fifth St., Eureka. Discuss conservation issues of interest to the Redwood Region Audubon Society. Free. www.ras.org/calendar.html. 445-8311.

Eureka Woodworking Association. Second Thursday of every month, 6:30-8:30 p.m. Eureka Woodworking

Association, 1333 Union. All are welcome to join. Participants create a cutting board or wood turning to take home free. Free. eurekawoodworker@hotmail.com. www.facebook.com/Eureka-Woodworking-Association. 444-2717.

Humboldt Grange 501. Second Thursday of every month, 6:30-8 p.m. Humboldt Grange Hall, 5845 Humboldt Hill Road, Eureka. Regular monthly meeting. nanettespearschade@gmail.com. www.facebook.com/humboldt.grange. 443-0045.

Humboldt Rose Society. Sept. 8, 7 p.m. Christ Episcopal Church, 15th and H streets, Eureka. Longtime American Rose Society member and former National President Jolene Adams presents, "How Our Roses Came to California." Free. 826-0716.

Redwood Coast Woodturners. Second Thursday of every month, 6-8:30 p.m. McKinleyville Middle School, 2285 Central Ave. All interested in are welcome, beginner to pro, no experience needed. Free. 499-9569.

ETC

Community Board Game Night. Second Thursday of every month, 7-9 p.m. Bayside Grange Hall, 2297 Jacoby Creek Road. Play your favorite games or learn new ones with North Coast Role Playing. Free. osslnrcp@northcoast.com. www.baysidegrange.org. 444-2288.

Humboldt Cribbage Club. 6:15 p.m. Moose Lodge, 4328 Campton Road, Eureka. Play cards. 444-3161.

Sip and Knit. 6 p.m. NorthCoast Knittery, 320 Second St., Eureka. Join fellow knitters, crocheters, weavers, spinners and fiber artists to socialize and work on projects. 442-9276.

Standard Magic Tournament. 6-10 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. Put your deck to the test. \$5. nugamesonline@gmail.com. www.nugamesonline.com. 497-6358.

Fern Cottage Tour. 11 a.m.-3 p.m. Fern Cottage, 2121 Centerville Road, Ferndale. Tour the 150-year-old home of pioneers Joseph and Zipporah Russ, listed on the National Register of Historic Places. \$10. info@ferncottage.org. www.ferncottage.org. 786-4835.

9 Friday

ART

Arts! Arcata. Second Friday of every month, 6-9 p.m. Arcata Plaza, Ninth and G streets. Art, music and more

Continued on next page »

September is Humboldt 10th Anniversary Local Food Month



10th Anniversary!

Get up close and personal with local agriculture during a farm tour, learn more about the food systems at a lecture or workshop, or enjoy local flavor at one of the many tastings and business tours, or by visiting your local farmers' markets.

Local Food Month is sponsored by the following businesses and organizations:



For full calendar of events, visit: localfoodmonth.org

Weight Loss Surgery

707-443-4563

Are you trying to decide if you need a medical procedure for weight loss, or another common condition like Hip and Knee Arthritis or Gallstones?

We offer accurate, neutral and easy to understand information and can help you clarify your choices. This is a no cost service supported by Humboldt physicians.

The Health Decisions Center a program of the Humboldt IPA

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www.mckinleyvillechevrolet.com

Calendar

Continued from previous page

art. Downtown Arcata and surrounding area. Free. arcatamainstreet@gmail.com. www.arcatamainstreet.com. 822-4500.

LECTURE

Bird Highlights from the State of Jefferson and Beyond. 7:30-9 p.m. Six Rivers Masonic Lodge, 251 Bayside Road, Arcata. Join Redwood Region Audubon Society for an evening of photos and stories about interesting birds from this summer. Desserts, tea and shade-grown coffee served. Please bring your own mug and come fragrance-free. Free. cjralph@humboldt1.com. www.rras.org/calendar1.aspx.

MOVIES

The Big Lebowski (1998). 8 p.m. Arcata Theatre Lounge, 1036 G St. The Coen brothers' classic is back, man. \$5. www.arcatatheatre.com.

Bullitt. 7:30 p.m. Eureka Theater, 612 F St. Cruz'n Eureka and the Eureka Theater present the 1960s classic starring Steve McQueen in one car chase after another through the streets of San Francisco. Showtime TBA. TBA. www.theeurekatheater.org.

Ixcanel (Volcano) (2016). 6 p.m. The Miniplex, 900 Samoa Blvd, Arcata. A young indigenous woman does not want to live in the modern world until it saves her life during a pregnancy complication. \$6.50, \$8.

MUSIC

Tar Beach Piano-Bass Duo. 8 p.m. Morris Graves Museum of Art, 636 F St., Eureka. The Redwood Jazz Alliance presents Shao Way Wu and Randy Porter, two former Humboldt County residents now based in Portland. \$15, \$10 seniors/students. www.RedwoodJazzAlliance.org.

SPOKEN WORD

Spare Pages Listening Party. 7-9 p.m. Arcata Playhouse, 1251 Ninth St. Azure Antoinette and Emily Rex perform their Grammy-nominated spoken word/vocals album *First, Listen*. \$10-\$20 sliding scale, \$5 kids under 18. 834-1843.

THEATER

After Darwin. 8 p.m. Redwood Curtain Theatre, 220 First St., Eureka. See Sep. 8 listing.

The Roaring Girl. 7 p.m. Redwood Park, top of 14th Street, Arcata. Plays in the Park presents the bawdy comic tale of Moll Cutpurse, who turns 17th century London on its head with her carousing, sword fighting, theft and independence. \$12, \$10 advance.

EVENTS

Hammer-In. 9 a.m.-9 p.m. Willow Creek China-Flat Museum, 38949 State Route 299. See Sep. 8 listing.

Arrow's Birthday Bash and Honey Bee Benefit Party. 4-8 p.m. Veteran's Park, Gower Lane, Willow Creek. Celebrate Arrow Wolfe's 5th and help save the honey bee. Featuring music by DJ D-Funk, a bounce house and slide, and mega slip n' slide in the park. Glowstick dance party in the VFW Hall, Southside Mike's BBQ, VFW full bar and lounge and free HoneyStix from GloryBee. Free.

Barnitini. 5:30-9 p.m. Kokte Ranch & Nature Preserve, 2182 Old Arcata Road, Bayside. Enjoy specialty drinks, a taco bar with homemade tortillas and land trust's grass-fed beef, grilled oysters and music by the Honky Tonk Detours. Benefits the Jacoby Creek Land Trust and the Humboldt Wildlife Care Center. \$35, \$30 advance. susanjclt@gmail.com. www.facebook.com/Jacoby-Creek-Land-Trust. 822-0900.

Cruz'n Eureka. Historic Old Town Eureka, Second Street. See Sep. 8 listing.

Vet Center Open House. 10 a.m.-1:30 p.m. Eureka Vet

Center, 2830 G St. Veterans, their families and community members honor National Day of Service and Remembrance: Serving Those Who Have Served with mini educational presentations, answering benefits questions and registering for veteran driver licenses (bring original DD-214 or certified copy). Burgers, hot dogs and chicken barbecue at noon. Free. Deborah. Reeves@va.gov. 444-8271.

Humboldt Pride Week. Countywide. See Sep. 8 listing.

FOR KIDS

Bay to Dunes Training. 9 a.m.-2 p.m. Humboldt Coastal Nature Center, 220 Stamps Lane, Manila. Learn how to help lead field trips to the bay and dunes on Tuesdays and/or Fridays at this full, two-day training. No experience necessary. RSVP required. Free. info@friendsofthedunes.org. 444-1397.

Family Storytime. 10:30-11 a.m. Fortuna Library, 753 14th St. A rotating group of storytellers entertain children ages 2-6 and parents at Fortuna Library. Free. www.humlib.org. 725-3460.

FOOD

Redwood Teen Challenge Fundraising Banquet. 6-9 p.m. Sequoia Conference Center, 901 Myrtle Ave., Eureka. This year's event features Christian comedian Dennis Swanberg. \$40, \$300 table of eight. www.redwoodtc.org. (844) 314-1230.

Southern Humboldt Farmers Market. 11 a.m.-3 p.m. Garberville Town Square, Church Street. Fresh produce, meats, baked goods and more, plus live music and family activities. Free.

GARDEN

Organic Farm Internship. Bayside Park Farm, 930 Old Arcata Road, Arcata. See Sep. 8 listing.

OUTDOORS

Farm Volunteer Fridays. 2-5 p.m. Bayside Park Farm, 930 Old Arcata Road, Arcata. Support the farm while reaping the benefits of growing food. Help plant and harvest and everything in between. Bring gloves and water and leave with fresh produce. Free.

Guided Headwaters South End Hike. 10 a.m.-1 p.m. South End Headwaters Forest Reserve, Newburg Road, Fortuna. Join Headwaters Docent Susan for a Salmon Pass tour of the Headwaters Forest Reserve. Meet her at Newburg Park in Fortuna. Confirm sign-up the day before by phone. Free. jdclark@blm.gov. 825-2317.

SPORTS

BMX Friday. 4:30-6:30 p.m. Redwood Empire BMX, 3750 Harris St., Eureka. Bring your bike for practice and racing. Wear long sleeves and pants. \$2 practice, \$5 ribbon race. www.facebook.com/RedwoodEmpireBmx. 407-9222.

Public Skating. 6:30-9:30 p.m. Fortuna Firemen's Pavilion, 9 Park St. Have a blast and get some exercise at the same time. \$5.

ETC

Fern Cottage Tour. 11 a.m.-3 p.m. Fern Cottage, 2121 Centerville Road, Ferndale. See Sep. 8 listing.

10 Saturday

ART

Arts on the Avenue. Second Saturday of every month, 6-8 p.m. Eagle Prairie Arts District, 406 Wildwood Ave., Rio Dell. Local artists, artisans, kids' activities and music all along the avenue. Free. www.facebook.com/info.

epad/info. 506-5081.

Open House. Second Saturday of every month, 7-9 p.m. Kaleidoscope Gallery & Gifts, 563 Main St, Ferndale. Enjoy hors d'oeuvres while mingling with local artists and artisans. Free. kaleidoscopegalleryferndale@gmail.com. 499-8999.

BOOKS

Friends of the Arcata Library Fall Book Sale. 10 a.m.-4 p.m. Arcata Library, 500 Seventh St. Featuring books, CDs and DVDs for all ages and interests. Sale proceeds provide new books, furniture and computers for the Arcata Branch and support special events. 822-5954.

DANCE

Jewish World Beat Dance Party. 7-10 p.m. Redwood Raks World Dance Studio, 824 L St., Arcata. Dance teaching from 7 to 8 p.m. followed by the dance party including Yemenite, Hasidic, Klezmer, Sephardic, Israeli, Mizrahi, Balkan beat box, Hebrew roots and reggae, Yiddish tango and gay pride grooves. No experience or partner necessary. \$15-25 sliding scale, \$3 discount for students, 12 years and under free. bethel@reninet.com. www.templebetheleureka.org. 845-6280.

World Dance. 8 p.m. St. Alban's Episcopal Church, 1675 Chester Ave., Arcata. Humboldt Folk Dancers sponsor teaching and easy dances at 8 p.m., and request dances at 9 p.m. \$3. g-b-deja@sbcglobal.net. www.stalbansarcata.org. 839-3665.

Yiddish and Yemenite Dance Workshop. 4-5:30 p.m. Redwood Raks World Dance Studio, 824 L St., Arcata. Celebrated dance teacher Bruce Bierman will teach the steps, patterns, gestures and styles of Yiddish and Yemenite dance. No experience necessary. No partner required. \$10-\$20 sliding scale. \$2 discount for students. bethel@reninet.com. www.templebetheleureka.org. 845-6280.

MOVIES

Belladonna of Sadness. 9 p.m. The Miniplex, 900 Samoa Blvd, Arcata. Osamu Tezuka's psychedelic cult classic, remastered and newly available in the U.S. A banished peasant woman makes a pact with the devil for magic power. \$8.

Don't Think Twice (2016). 6 p.m. The Miniplex, 900 Samoa Blvd, Arcata. Ira Glass produced comedy starring Key & Peele's Keegan-Michael Key. Turmoil strikes a New York improv troupe when one member leaves to star in a television show. Written & Directed by Mike Birbiglia. Rated R, 92min. \$6.50.

Ixcanel (Volcano) (2016). 4 p.m. The Miniplex, 900 Samoa Blvd, Arcata. See Sep. 9 listing.

MUSIC

Chubritza International Folk Band. 7:30 p.m. Fortuna Monday Club, 610 Main St. Enjoy Balkan and international folk music on traditional instruments and complimentary beverages and finger food. \$10, \$8 students/seniors. fortunaconcertseries@live.com. www.fortunaconcertseries.com/. 845-5652.

Colvin and Earle. 8 p.m. Van Duzer Theatre, Humboldt State University, Arcata. Join longtime friends Shawn Colvin and Steve Earle for an evening of fine singing, guitar playing and storytelling. \$46, \$15 HSU.

Deobrat Mishra Classical Sitar Concert. 8-10 p.m. Community Yoga Center, 890 G St., Arcata. Deobrat Mishra, 11th generation sitar player and director of the Academy of Indian Classical Music plays for an evening of sacred music and sangha. \$25, \$20 advance. inner-freedomyoga@gmail.com. www.innerfreedomyoga.com/deobrat-mishra-sitar-concert/.

HSU Faculty Welcome Concert. 5-6 p.m. Fulkerson Recital Hall, Humboldt State University, Arcata. The music department presents melodic works for solo classical guitar, operatic and early 20th century theater songs for voice and piano, Brahms' *String Sextet in B-flat Major*, and the Timbata percussion sextet. \$10, \$5 seniors/child, \$5 HSU students with ID. pmm19@humboldt.edu. 826-3531.

THEATER

After Darwin. 8 p.m. Redwood Curtain Theatre, 220 First St., Eureka. See Sep. 8 listing.

The Roaring Girl. 7 p.m. Redwood Park, top of 14th Street, Arcata. See Sep. 9 listing.

A Show for Another Niece. 6:30-9 p.m. Freshwater Community Hall, 49 Grange Road, Eureka. Local theater artist James Floss presents a one-man show, in Readers Theater style, for his niece and the community. Donations accepted. Free. jfloss@jfloss.com.

EVENTS

Hammer-In. 9 a.m.-9 p.m. Willow Creek China-Flat Museum, 38949 State Route 299. See Sep. 8 listing.

Bargain Lovers' Weekend. 9 a.m.-5 p.m. Main Street, Ferndale. From Main Street to side streets, the whole town offers everything from antiques to zithers. 786-4477.

Bogglebang Scavenger Hunt. Sept. 10-18. Countywide. Compete in a team to solve riddles, follow clues and carry out fun tasks in this creative community building event dedicated to the spirit of Hobart Brown. Sign up at bogglebang.dragonflower.ink. \$9 per team member plus an additional \$20 team registration fee.

Chicken Wing Fest. 11 a.m.-4 p.m. Eureka Boardwalk, Foot of F Street. Enjoy wings, beer and live music and help support a good cause. www.chickenwingfest.org.

Corks, Forks and Kegs. 4-8 p.m. McKinleyville. A beer and wine walk with food pairings through McKinleyville. Tickets include tastings at all locations, commemorative glass and entry to dance. Dance 8 p.m. to midnight. \$40, \$35 advance, \$15 dance only, \$10 advance. www.mckinleyvillechamber.com. 839-2449.

Cruz'n Eureka. Historic Old Town Eureka, Second Street. See Sep. 8 listing.

Devon's Version Fundraiser. 6 p.m. Sequoia Conference Center, 901 Myrtle Ave., Eureka. An evening of dinner and dance in support of *Devon's Version*, a documentary/dance film moving through the eyes of autism. Music by Dr. Squid. Tickets available at the Ink People by calling 442-8413 or online at www.brownpapertickets.com. \$50.

Humboldt Pride Parade. 11:30 p.m. Historic Old Town Eureka, Second Street. Follow the colorful parade through Old Town as it makes its way to Halvorsen Park for the all-day Pride Festival. Free. www.eureka-mainstreet.org.

Humboldt Pride Festival. 12-5 p.m. Halvorsen Park, Waterfront Drive, Eureka. This family friendly, all-inclusive festival includes main-stage entertainment, DJ music, a children's area with two bounce houses, food, drinks, vendors and more. Free.

Humboldt Pride Week. Countywide, All of Humboldt, Humboldt. See Sep. 8 listing.

Humboldt Republican Party Speaker. 1:30-3:30 p.m. Baywood Golf & Country Club, 3600 Buttermilk Lane, Arcata. Congressman Tom McClintock (R-Placer County) speaks at the kickoff event. Coffee, desserts and a no-host bar. \$30 donation. www.baywoodgcc.com. 499-6310.

Moto Envy Show. 3-7 p.m. Black Lightning Motorcycle

Cafe, 440 F St., Eureka. Come envy motorcycles in all categories ranging from vintage to cafe racers to custom and more. Prizes for the slow race, custom bike giveaway, music, food and drinks. Free to spectators; charge for moto entry. jeff@blmcafe.com. www.blacklightning-motorcyclecafe.com/moto-envy-show.html. 442-2562. **Natural Fiber Fair.** 10 a.m.-5 p.m. Arcata Community Center, 321 Dr. Martin Luther King Jr. Parkway. Explore the vendor hall, fleece market, demos, fiber arts exhibits, kid's craft zone and more. Free admission. www.naturalfiberfair.com. 599-2729.

Wiyot Day Celebration. 3-10 p.m. Table Bluff Reservation, 1000 Wiyot Dr., Loleta. The Wiyot Tribe hosts this annual event that features vendors, traditional dances and activities and a feast. Free, \$10 donation for feast. www.wiyot.us.

FOR KIDS

Babies at the Library. Second Saturday of every month, 11 a.m.-noon. Trinidad Library, 380 Janis Court. Songs, rhymes and playtime for children ages 3 months to 2 years. Free. trihuml@co.humboldt.ca.us. 677-0227.

Books for Family Art Day. 2-4 p.m. Morris Graves Museum of Art, 636 F St., Eureka. Illustrate your own book inspired by the UC Davis Book Arts Exhibition. \$5, \$2 students and seniors, Free HAC members and children 17 and under. janine@humboldtarts.org. www.humboldtarts.org. 442-0278.

Story Time with Kathy Frye. Second Saturday of every month, 11-11:30 a.m. Rio Dell Library, 715 Wildwood Ave.

Featuring puppets and more designed for children ages 0-5. Free. riohuml@co.humboldt.ca.us. https://www.facebook.com/RioDellLibrary/. 764-3333.

Weekend Play Group. Second Saturday of every month, 10-11:30 a.m. Discovery Museum, 612 G St., Eureka. The only weekend play group in Humboldt County. Free for children age 0-5 and their caregivers. redwooddiscoverymuseum@gmail.com. www.discovery-museum.org. 443-9694.

FOOD

Arcata Plaza Farmers Market. 9 a.m.-2 p.m. Arcata Plaza, Ninth and G streets. Fresh vegetables and fruit from local producers, food vendors, plant starts and flowers every week. Live music.

GARDEN

Garden Gala & BBQ. 1-5 p.m. Humboldt Botanical Garden, 7351 Tompkins Hill Road, College of the Redwoods Campus, North Entrance, Eureka. Enjoy an afternoon of food and wine, pizza and rootbeer floats, local art and music by Vintage Soul. \$50, \$40 members, Free for children under 12. info@hbgf.org. www.hbgf.org. 442-5139.

OUTDOORS

Arcata Marsh Tour. 2 p.m. Arcata Marsh and Wildlife Sanctuary Interpretive Center, 569 S. G St. Meet trained guide Leslie Anderson for a 90-minute walk focusing on the ecology of the marsh. Free. 826-2359.

Audubon Society Arcata Marsh Bird Walk. 8:30-11 a.m. Arcata Marsh and Wildlife Sanctuary, South I Street.

Bring your binoculars and have a great morning birding. Meet Cédric Duhalde in the parking lot at the end of South I Street (Klopp Lake) in Arcata, rain or shine. Free. www.rras.org/calendar.

Big Red: Ancient Redwood Hike. 8:45 a.m.-4:30 p.m. Sanctuary Forest Office, 315 Shelter Cove Road, Whitethorn. Hike leaders share stories about the Mattole community's preservation efforts and the 2,000-year-old Big Red. Meet at the Sanctuary Forest office at 8:45 a.m. Bring a lunch and plenty of water and wear sturdy hiking shoe for a rigorous, mostly uphill, 5-miles of uneven terrain. Free. anna@sanctuaryforest.org. www.sanctuaryforest.org/event/big-red-ancient-redwood-hike. 986-1087.

Hikshari's Volunteer Trail Stewards Workday. 9-11 a.m. Hikshari Trail, Elk River Wildlife Sanctuary, Eureka. Help weed out thistles and hemlock on the south end of the Cappy Loop. Meet at the sanctuary parking lot at the end of Hilfiker Lane at 9 a.m. Please bring your own water. Some gloves available or bring your own. New volunteers welcome. Contact wnaylor@humboldt1.com for more info. Free.

People for Pickleweed. 9 a.m.-1 p.m. Arcata Marsh and Wildlife Sanctuary Interpretive Center, 569 S. G St. Help remove invasive Spartina densiflora from the saltmarsh of Humboldt Bay at the annual People for Pickleweed event. Tools, training and lunch provided. Be prepared to get dirty and bring drinking water. Please RSVP. Free. jess@friendsofthedunes.org. 444-1397.

Volunteer Restoration Day. 9 a.m. Patrick's Point State

Park, 4150 Patrick's Point Drive, Trinidad. Help remove English ivy, a moderate activity. Wear sturdy shoes. Gloves and tools are provided. Free. Michelle.Forys@parks.ca.gov. 677-3109.

SPORTS

Diesel Races. 9:30 a.m. Samoa Drag Strip, Lincoln Avenue and New Navy Base Road. Racer gate opens 8 a.m., spectator gate opens at 9 a.m., time trials at 9:30 a.m. and eliminations at 1 p.m. (Weather permitting or unless otherwise posted.) \$10 - includes pit pass, free for 12 and under. www.samoadragstrip.com/.

Stock Car Points Race. 6:30 p.m. Redwood Acres Racetrack, 3750 Harris St., Eureka. Stock car races. Grandstands open at 5 p.m., qualifying at 5 p.m., racing at 6:30 p.m.

Public Skating. 6:30-9:30 p.m. Fortuna Firemen's Pavilion, 9 Park St. See Sep. 9 listing.

ETC

Humboldt County Historical Society Program. 1 p.m. Humboldt County Library, 1313 Third St., Eureka. Local Historian and HSU Alumnus Sean Mitchell presents "Fire in the Mountain: The Beginning of the End of the Northwestern Pacific Railroad," the story of the 1978 Island Mountain Tunnel Fire. Free. www.humlib.org.

Fern Cottage Tour. 11 a.m.-3 p.m. Fern Cottage, 2121 Centerville Road, Ferndale. See Sep. 8 listing.

Huge Costume Sale. 9 a.m.-5 p.m. Ferndale Repertory

Continued on next page >>

5th Annual

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Calendar

Continued from previous page

Theatre, 447 Main Street, Ferndale. Sort through more than 1,000 items including many exotic costumes, military uniforms, antique clothings, hats, wigs and more. Come early for best selection. Bring a bag to take your costumes home. 786-5483.

Women's Peace Vigil. 12-1 p.m. County Courthouse, 825 Fifth St., Eureka. Dress in warm clothing and bring your own chair. No perfume, please. Free. 269-7044.

Yu-Gi-Oh! Standard League. 1-4 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. Bring your decks and claim your prizes. \$5. nugamesonline@gmail.com. www.nugamesonline.com. 497-6358.

11 Sunday

ART

Trinidad Artisans Market. 11 a.m.-3 p.m. Downtown Trinidad. Local artisans present their arts and crafts. Enjoy live music each week and barbecue. Free.

DANCE

Afternoon of Dance. Second Sunday of every month, 2-3 p.m. Morris Graves Museum of Art, 636 F St., Eureka. Join us for a live dance performance by a different local dance company each month. \$5 adults, \$2 students and seniors, free to members and children 17 and under. janine@humboldtarts.org. www.humboldtarts.org. 442-0278.

MOVIES

Don't Think Twice (2016). 4 p.m. The Miniplex, 900 Samoa Blvd, Arcata. See Sep. 10 listing.

Ixcanel (Volcano) (2016). 6 p.m. The Miniplex, 900 Samoa Blvd, Arcata. See Sep. 9 listing.

Song of the Sea (2014). 6 p.m. Arcata Theatre Lounge, 1036 G St. An Irish youth discovers that his mute sister is a selkie who must find her voice and free supernatural creatures from the spell of a Celtic goddess. Animated. \$5. www.arcatatheatre.com.

Wild and Scenic Film Festival. 4-8 p.m. Redwood Playhouse, 286 Sprowel Creek Road, Garberville. Award-winning environmental adventure films, speakers, snacks, drinks, silent auctions and a raffle for a mountain bike. Proceeds support the Lost Coast Interpretive Association's environmental education programs. \$20, \$15 seniors/students. barb@lostcoast.org. www.lostcoast.org. (510) 303-2189.

MUSIC

Bayside Grange Music Project. 5-9 p.m. Bayside Grange Hall, 2297 Jacoby Creek Road. From 5-7 p.m. anyone playing any instrument with any ability is invited; 7-9 p.m. people with wind instruments for Bandemonium. Donations. gregg@relevantmusic.org. www.relevantmusic.org/Bayside. 499-8516.

THEATER

A Year with Frog and Toad. 2 p.m. Redwood Park, top of 14th Street, Arcata. Plays in the Park presents the children's books brought to life, featuring a nine-piece jazz orchestra and a cast of birds, turtles, lizards, squirrels, moles and more. Free.

EVENTS

Bargain Lovers' Weekend. 10 a.m.-4 p.m. Main Street, Ferndale. See Sep. 10 listing.

Bogglebang Scavenger Hunt. Countywide. See Sep. 10 listing.

English Language Learner's Fair. 1:30-4:30 p.m. College of the Redwoods Community Education, 525 D St.,

Eureka. Educational outreach event. Free food, music, children's activities, community resources. Connect to free English (ESL) and basic skills classes. Free. adult-ed@redwoods.edu. 798-6200.

Natural Fiber Fair. 10 a.m.-4 p.m. Arcata Community Center, 321 Dr. Martin Luther King Jr. Parkway. See Sep. 10 listing.

Out of the Darkness Community Walk. 9 a.m.-1 p.m. Arcata Plaza, Ninth and G streets. In support of those who've lost someone to suicide, who are or know someone who suffers from mental health conditions like depression or anxiety. Free. arcataoutofthedarkness@gmail.com. www.afsp.org/arcata. 825-7640.

Swiss Oktoberfest. 12:30 p.m. Humboldt Swiss Club, 5403 Tompkins Hill Rd., Loleta. Food, yodeling, lively music and high-spirited dancing. A traditional Swiss sausage dinner served from 12:30 p.m. to 1:45 p.m. Dance to music by Lindy Mantova from 2 to 4:30 p.m. \$14, \$5 children under 12, \$5 dancing only. 725-5595.

FOR KIDS

Lego Club. 12:30-2 p.m. Discovery Museum, 612 G St., Eureka. Lego fun for younger and older kids featuring Duplos and more complex pieces. Free with museum admission. www.redwooddiscoverymuseum@gmail.com. discovery-museum.org. 443-9694.

Pokemon Trade and Play. 3-5 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. Bring your cards to play or learn. Free. nugamesonline@gmail.com. www.nugamesonline.com. 497-6358.

FOOD

Food Not Bombs. 5 p.m. Arcata Plaza, Ninth and G streets. Free, hot food for everyone. Mostly vegan and organic and always delicious. Free. (503) 828-7421.

Pancake Breakfast. Second Sunday of every month, 8-11 a.m. Mad River Grange, 110 Hatchery Road, Blue Lake. Breakfast with your choice of eggs, ham, sausage, toast, pancakes, coffee, tea and orange juice. \$4, \$2 kids ages 6-12.

OUTDOORS

Audubon Society Birding Trip. Second Sunday of every month, 9 a.m. Humboldt Bay National Wildlife Refuge, 1020 Ranch Road, Loleta. Learn the common birds of Humboldt on a two- to three-hour walk. Meet at the Visitor Center. Free. 822-3613.

SPORTS

BMX Practice and Racing. 1-3 p.m. Redwood Empire BMX, 3750 Harris St., Eureka. Bring your bike for some fun. Wear long sleeves and pants. \$2 practice, \$11 race. www.facebook.com/RedwoodEmpireBmx. 407-9222.

Samoa Championships Summit Series Race #12. 9:30 a.m. Samoa Drag Strip, Lincoln Avenue and New Navy Base Road. With the Race of Champions. Racer Gate opens 8 a.m., spectator gate opens at 9 a.m., time trials at 9:30 a.m., eliminations at 1 p.m. (Weather permitting or unless otherwise posted.) \$10 - includes pit pass, free for 12 and under. www.samoadragstrip.com/.

ETC

Family Game Day. 12-6 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. Bring the family and friends for a day jam-packed with gaming fun. Feel free to bring in your own games. Free. www.nugamesonline.com. 497-6358.

12 Monday

DANCE

Let's Dance. 7-10 p.m. Humboldt Grange Hall, 5845

Humboldt Hill Road, Eureka. Let's dance to live music including swing standards and roots country. Everyone welcome. Swing Dance Lesson at 6:15, \$5. Dancing after lesson free to lesson participants. Tonight dance to Kenny Ray and the Mighty Rovers. \$4. www.facebook.com/humboldt.grange. 725-5323.

MOVIES

Lo and Behold, Reveries of the Connected World. 8 p.m. Richards' Goat Tavern & Tea Room and Miniplex, 401 I St., Arcata. Werner Herzog's (*Grizzly Man*, *Fitzcarraldo*) exploration of the Internet and beyond. PG13. \$6.50, \$8. www.richardsgoat.com.

MUSIC

Humboldt Ukulele Group. Second Monday of every month, 5:30 p.m. Arcata Community Center, 321 Dr. Martin Luther King Jr. Parkway. A casual gathering of strummers. Beginners welcome. \$3. dsanderl@arcatanet.com. 839-2816.

SPOKEN WORD

Poets on the Plaza. Second Monday of every month, 8 p.m. Plaza View Room, Eighth and H streets, Arcata. Read/perform your original poetry or hear others. \$1.

EVENTS

Bogglebang Scavenger Hunt. Countywide. See Sep. 10 listing.

FOOD

Fundraiser for HSRC. 5-9 p.m. Folie Douce, 1551 G St., Arcata. A fundraiser for The Walk to End Alzheimer's and The Humboldt Senior Resource Center 'Alz' Steppers (walk team). Reservations required. Please call 822-1042. \$50. www.foliedoucearcata.com.

MEETINGS

Community Choice Energy Meeting. 5:30 p.m. Wharfinger Building Bay Room, 1 Marina Way, Eureka. Learn about the future of energy in Humboldt County. Light dinner at 5 p.m. Free.

Old Arcata Road Redesign Kick-Off. 5:30-8:30 p.m. Bayside Grange Hall, 2297 Jacoby Creek Road. Share your ideas for design solutions to make the road safer and more beautiful. Includes an overview of the project, goals and examples from other rural communities. A kids' activity area provided. Free. engineering@cityofarcata.org. www.CityofArcata.org. 825-2173.

Volunteer Orientation. 2:30 p.m. Food for People, 307 W. 14th St., Eureka. Learn to pack and sort food, work with clients, collect donations and cook. panderson@foodforpeople.org.

SPORTS

Monday Night Football. Arcata Theatre Lounge, 1036 G St. Watch the game on the big screen. Check www.arcatatheater.com to stay updated on game and event details.

SPORTS, ATHLETICS & ADVENTURE

Children's Aikido Classes. 6-7:30 p.m. and 4-5 p.m. North Coast Aikido, 890 G St, Arcata. See Sep. 8 listing.

13 Tuesday

EVENTS

Bogglebang Scavenger Hunt. Countywide. See Sep. 10 listing.

FOR KIDS

Arcata Family Resource Center Playgroup. 10 a.m.-noon. Arcata Elementary School, 2400 Baldwin St.

Playgroup for children 0-5 and their parents and caregivers. 826-1002.

Grandparents and Books Storytime. 3-4:30 p.m. Fortuna Library, 753 14th St. Children of all ages welcome to afternoon storytime with "grandparent" storyteller Cynthia. Free. forhuml@co.humboldt.ca.us. www.humboldt.gov.org/296/Fortuna-Library. 725-3460.

Playgroup. 10-11:30 a.m. Discovery Museum, 612 G St., Eureka. Come to the museum for stories, crafts and snacks. Free for children age 0-5 and their caregivers. Free. redwooddiscoverymuseum@gmail.com. www.discovery-museum.org. 443-9694.

Pokemon Trade and Play. 3-6 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. See Sep. 11 listing.

Roller Derby Saplings Junior Derby First Day of Practice. 4:15-6 p.m. Redwood Acres Fairgrounds, 3750 Harris St., Eureka. Humboldt Roller Derby's junior league welcomes girls aged 9-17, no experience necessary. Practices are Tuesdays and Thursdays from 4:15 p.m. to 6 p.m. Variable. saplings@humboldtrollerderby.com. www.humboldtrollerderby.com/how-join.

FOOD

Fortuna Farmers Market. 3-6 p.m. Main Street, Fortuna. Locally grown fruits, veggies and garden plants, plus arts and crafts. Free.

Free Produce Market. Second Tuesday of every month, 10:30 a.m.-noon Garberville Presbyterian Church, 437 Maple Lane. Food for People's free farmers markets style produce markets. All income eligible folks are invited to pick out fresh fruits and vegetables at no cost. Free. hmchugh@foodforpeople.org. www.foodforpeople.org/programs/free-farmers-market-style-produce-distributions. 445-3166. Second Tuesday of every month, 12:30-1:30 p.m. Redway Baptist Church, 553 Redway Drive. Food for People's free farmers' markets style produce markets. All income eligible folks are invited to pick out fresh fruits and vegetables at no cost. Free. hmchugh@foodforpeople.org. www.foodforpeople.org/programs/free-farmers-market-style-produce-distributions. 445-3166.

Old Town Eureka Farmers Market. 10 a.m.-1 p.m. Historic Old Town Eureka, Second Street. North Coast Growers' Association farmers markets are GMO-free and all agricultural products are grown or raised within Humboldt County. Live music every week. Free. info@humfarm.org. www.humfarm.org. 441-9999.

Wildberries Marketplace Farmers Market. 3:30-6:30 p.m. Wildberries Marketplace, 747 13th St., Arcata. GMO-free agricultural products from Humboldt County. Live music. EBT always welcome. Monthly vouchers available to SSI recipients. Free. info@humfarm.org. www.humfarm.org. 441-9999.

GARDEN

Organic Farm Internship. Bayside Park Farm, 930 Old Arcata Road, Arcata. See Sep. 8 listing.

ETC

Bingo. 6 p.m. Moose Lodge, 4328 Campton Road, Eureka. Speed bingo, early and regular games. Doors open at 5 p.m. Games range from \$1-\$10.

Board Game Night. 6-9 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. Choose from a large variety of games or bring your own. All ages. Free. www.nugamesonline.com. 497-6358.

Ferndale Cribbage. 10 a.m. Our Savior's Lutheran Church, 425 Shaw St., Ferndale. Cards and pegs.

14 Wednesday

MOVIES

The Invisible Boy (1957). 7:30 p.m. Arcata Theatre Lounge, 1036 G St. Robby the Robot and his 10-year-old friend embark on a series of light-hearted pranks until Robbie starts taking orders from an evil super computer and all hell breaks loose. Free w/\$5 food or beverage purchase. www.arcatatheatre.com.

EVENTS

Bogglebang Scavenger Hunt. Countywide. See Sep. 10 listing.

FOR KIDS

Storytime. 1 p.m. McKinleyville Library, 1606 Pickett Road. Liz Cappiello reads stories to children and their parents. Free.

ETC

Casual Magic. 4-9 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. Bring your decks and connect with the local Magic community. Beginners welcome. Door prizes and drawings. \$5. www.nugamesonline@gmail.com. www.nugamesonline.com. 497-6358.

15 Thursday

ART

Figure Drawing Group. 7-9 p.m. Cheri Blackerby Gallery, 272 C St., Eureka. See Sep. 8 listing.

MOVIES

Mary Jane: A Musical Potumentary. 8 p.m. Dell'Arte's Carlo Theatre, 131 H St., Blue Lake. An extended run of Dell'Arte's film about its musical that examines cannabis culture in Humboldt County. The film won Best Musical at the 2016 Oregon Independent Film Festival. \$10. www.dellarte.com. 668-5663.

Paying the Price for Peace. 6-9 p.m. The Miniplex, 900 Samoa Blvd, Arcata. The story of S. Brian Wilson, one-time resident of Arcata and disabled veteran peace activist. View the 2016 film and meet producer/director Bo Boudart for a roundtable discussion following the film. Donations requested. chipsharpe@sbcglobal.net. 599-6009 or 630-5000.

MUSIC

Humboldt Ukulele Group. Third Thursday of every month, 5:30 p.m. Arcata Community Center, 321 Dr. Martin Luther King Jr. Parkway. See Sep. 12 listing.

THEATER

After Darwin. 8 p.m. Redwood Curtain Theatre, 220 First St., Eureka. See Sep. 8 listing.

EVENTS

Bogglebang Scavenger Hunt. Countywide. See Sep. 10 listing.

FOR KIDS

Thursday Storytime. 10-11 a.m. Fortuna Library, 753 14th St. See Sep. 8 listing.

Young Discoverers. 10:30 a.m.-noon. Discovery Museum, 612 G St., Eureka. See Sep. 8 listing.

FOOD

Bear River Farmers Market. 3-5 p.m. Bear River Community Center, 266 Keisner Road, Loleta. See Sep. 8 listing.

Henderson Center Farmers Market. 10 a.m.-1 p.m. Henderson Center, Henderson near F Street, Eureka. See Sep. 8 listing.

Eureka Natural Foods McKinleyville Farmers Market. 3:30-6:30 p.m. Eureka Natural Foods, McKinleyville, 2165 Central Ave. See Sep. 8 listing.

The People's Market: Free Produce. Third Thursday of every month, 12-2 p.m. Food for People, 307 W. 14th St., Eureka. Food for People's free farmers markets style produce markets. All income eligible folks are invited to pick out fresh fruits and vegetables at no cost. Free. hmchugh@foodforpeople.org. 445-3166.

GARDEN

Organic Farm Internship. Bayside Park Farm, 930 Old Arcata Road, Arcata. See Sep. 8 listing.

ETC

Humboldt Cribbage Club. 6:15 p.m. Moose Lodge, 4328 Campton Road, Eureka. See Sep. 8 listing.

Sip and Knit. 6 p.m. NorthCoast Knittery, 320 Second St., Eureka. See Sep. 8 listing.

Standard Magic Tournament. 6-10 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. See Sep. 8 listing.

Fern Cottage Tour. 11 a.m.-3 p.m. Fern Cottage, 2121 Centerville Road, Ferndale. See Sep. 8 listing.

COMEDY

Savage Henry Comedy Night. 8 p.m. The Jam, 915 H St., Arcata. Local and out of town comedians bring the ha-has. \$5. 822-4766.

Comedy Open Mikey. 9 p.m. Palm Lounge, Eureka Inn, 518 Seventh St. Hosted by Nando Molina with beats by Gabe Pressure. 497-6093. Free.

Heads Up

PFLAG Eureka/Arcata has openings for president, board secretary and treasurer. For more information, email eurekapflag@gmail.com.

Auditions for kids kindergarten through 12th grade for the Missoula Children's Theatre's, The Princess and the Pea take place Sept. 12 at the Mateel Community Center. For more information, call 923-3368.

The Humboldt Arts Council accepts entries for the 22nd annual Junque Arte Competition and Exhibition Wednesday, Sept. 27 from noon to 5 p.m. Entry guidelines available at the Museum or at www.humboldtarts.org.

The McKinleyville Community Services District announces two regular voting member vacancies and one alternate member vacancy on the Recreation Advisory Committee. Mail letters of application to the MCSD, Attn: Lesley Frisbee, P.O. Box 2037, McKinleyville, CA 95519. Contact the Parks & Recreation Office at 839-9003.

McKinleyville writing group seeks members. Phone John Daniel, 839-3495, or email jmd@danielpublishing.com for details.

North Coast Community Garden Collaborative seeks donated garden supplies, monetary donations and/or volunteers. For more information, contact 269-2071 or debbiep@nrsrcraa.org.

Volunteers needed for the Arcata Marsh Interpretive Center. Call 826-2359 or email amic@cityofarcata.org.

Volunteers wanted for Eureka VA clinic. Call 269-7502. ●

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menu

O F M E N U S



**The North Coast's Complete
Restaurant Directory**

Partners

Cops, robbers and comics

By Kristin Kirby

filmland@northcoastjournal.com

HELL OR HIGH WATER opens on a panorama of desolate, dusty West Texas-ness to narrow in on graffiti scrawled on cement: “3 tours in Iraq but no bailout for people like us.” The story is about two brothers whose family home is being foreclosed on by a corrupt bank that sold their now-deceased mother a shady reverse mortgage. Nothing in this film suggests banks are good and everything points to the idea that most people, if they could, would do the same thing these two are doing: systematically robbing the bank’s branches to pay off the mortgage to the bank they’re stealing from to get the house back.

They’re smart — they cover their tracks and only go for small, unmarked, untraceable bills out of the cash drawers. Problems arise in part because open-carry laws mean bank customers also have guns, and that never ends well.

Ben Foster plays the older, loose-cannon ex-con brother. But it’s his younger brother Toby, a straight-laced, quiet, responsible father of two (Chris Pine) who is the one to watch here: If you were going to make a movie with no dialogue and just facial expressions, you’d want Chris Pine, whose face you can read in a ski mask, as your leading man. When they’re not robbing banks and riding around in cars, the brothers talk, and there are plenty of quiet moments of reflection about what’s left for them now.

The soundtrack is a treat, with songs by Townes Van Zandt, Gillian Welch and Waylon Jennings, among others. The set is all rusting cars, dilapidated homes and dirt against a backdrop of hot, hazy sky. The camera speeds dizzily alongside the brothers’ getaway cars, and we fly next to and above them as they speed through town and climb high bluffs.

Juxtaposed against the two brothers is the pair of Texas Rangers (the Law, not the baseball

This is a very complicated case. You know, a lotta ins, a lotta outs, lotta what-have-yous.

team) on their tail, played by Jeff Bridges and Gil Birmingham. Even though Bridges’ character ribs his partner, who is part Mexican and part Native American, constantly with racist jokes, they’re as close as the men they’re chasing. These two have their moments as well. As Alberto says, his people lived on this land and then it was all taken away. And now the people who took it away are having it taken away from them.

Hell or High Water is, at first glance, an outlaw movie. But beneath its dusty, depressed streets, its smirking populace (one of the best characters in the movie is an elderly waitress — trust me, it’s worth seeing the movie just for her), its stick-it-to-the-bad-guys vigilantism, the film is really about what poverty does to people. *R. 102M.*

DON’T THINK TWICE. Then there’s the other kind of hard times, like when you’re jealous because one of your friends gets famous and everyone starts fighting.

Don’t Think Twice, written and directed by comedian-storyteller Mike Birbiglia, portrays a group of improv actors in New York City called The Commune, who are losing their performance space. They’re tight-knit and they’ve worked hard for what they have. When they’re not on stage or rehearsing, they’re still together, mostly partying.

But when one of the members, Jack (Kee-gan-Michael Key), lands a spot on a long-running weekly TV variety show called “Weekend Live” (guess what that’s based on), things begin to implode. Most of the group feels betrayed, becoming hostile and unsupportive. The film jabs at corporate entertainment culture, and it scores points there, with portrayals of “Weekend Live” members who are also hostile and unsupportive, and an egotistical producer who insults the actors.

I’ve always really liked Birbiglia’s refreshing, somewhat self-deprecating comedy. Unfortunately, the dialogue veers so far from how people relate to each other that I literally cringed. What saves the film, however, are the performances by Key, who’s charismatic and likeable as a complicated person whose decision weighs on him, and Gillian Jacobs as Samantha, Jack’s girlfriend — she has an epiphany that saves the message of the film. Other fun performances include those by Tami Sagher, another member of the improv group, and Birbiglia himself.

One of the rules of improv, as we’re told in the beginning of the film, is “it’s all about the group.” In other words, no showboating. The movie proceeds to then show us what happens when you ignore this rule — it’s an honest look at the way in which people can have ideals and then betray those ideals when the going gets tough. The film manages to poke fun both at the large, corporate animal of en-



tertainment and the small-timers. In this way, *Don’t Think Twice* is an honest portrayal of how human fallibility ultimately drives us all. *R. 92M. MINIPLEX.*

— Kristin Kirby

Broadway and Mill Creek listings were not available at press time. For showtimes, see the Journal’s listings at www.northcoastjournal.com or call: Broadway Cinema 443-3456; Fortuna Theatre 725-2121; Mill Creek Cinema 839-3456; Richards’ Goat Miniplex 630-5000.

Previews

SULLY. Tom Hanks stars in Clint Eastwood’s film about the investigation of the pilot who saved his commercial passengers by gliding a plane into the Hudson River. *R. 106M. FORTUNA.*

Continuing

BAD MOMS. Mila Kunis and scene stealers Kathryn Hahn and Kristen Bell land laughs as women doing battle with PTA villainesses. Just too bad that mothers having inner lives or fun is supposed to be a shock. *R. 101M. BROADWAY, MILL CREEK.*

BEN HUR. Swords-and-sandals remake about the prince-turned-slave (Jack Huston), also starring Jesus (Rodrigo Santoro). *PG13. 123M.*

DON’T BREATHE. Director Fede Alvarez’s atmospheric heist-gone-wrong horror movie about teens trapped in a murderous blind man’s home puts others — in and outside the genre — to shame with its solid story and earned scares. *R. 88M.*

FINDING DORY. The post-Nemo animated movie returns in case your short-term memory is fried, too. *PG. 105M. FORTUNA.*

FLORENCE FOSTER JENKINS. Meryl Steep as a 1940s wannabe singer socialite with no idea how bad her voice is. Hugh Grant co-stars as her enabling hype man. *PG. 90M.*

HANDS OF STONE. Biopic of boxer Roberto Duran (Edgar Ramirez) and his bouts with rival Sugar Ray Leonard (Usher Raymond). Also starring Robert DeNiro. *R. 111M.*

JASON BOURNE. Matt Damon returns to the franchise as the CIA amnesiac. Director Paul Green-grass blends realistic violence, punishing emotional authenticity and elaborate car chases. *PG13. 123M.*

KUBO AND THE TWO STRINGS. A boy (Art Parkinson) hunts down his father’s magic samurai

armor to battle supernatural foes with the help of odd couple Monkey (Charlize Theron) and Beetle (Matthew McConaughey). *PG. 101M. FORTUNA.*

THE LIGHT BETWEEN OCEANS. Drama about a WWI veteran and his wife (Michael Fassbender, Alicia Vikander) who keep a foundling instead of reporting it. *PG13. 133M.*

MECHANIC: RESURRECTION. A one-last-job hitman movie can be big, dumb, action-movie fun, especially with Jason Statham and Tommy Lee Jones. But this is just dumb. *R. 99M.*

MORGAN. A genetically upgraded clone (Anya Taylor-Joy) goes rogue at a remote facility. Kate Mara plays the corporate-cool investigator. *R. 92M.*

PETE’S DRAGON. Live action and animation in a fantasy tale about an orphan (Oakes Fegley) and his dragon buddy in the Pacific Northwest. With Bryce Dallas Howard and Robert Redford. *PG13. FORTUNA.*

SAUSAGE PARTY. Seth Rogen and Kristen Wiig voice a hot dog and bun, respectively, in this raunchy, gross-out funny cartoon about foods discovering they’re food. *R. 89M. FORTUNA.*

THE SECRET LIFE OF PETS. A family-friendly tale of rival dogs in New York City that doesn’t really live up to its powerhouse cast, which includes Louis C.K., Jenny Slate and Kevin Hart. *PG. 90M.*

STAR TREK BEYOND. Frenzied and overstuffed, but the franchise sequel is good fun with solid characters, humor and satisfying surprises. Starring Chris Pine and Zachary Quinto. *PG13. 120M.*

SUICIDE SQUAD. This mess of semi-random violence rattles on pointlessly as DC villains take on badder guys. With Margot Robbie as Harley Quinn and Jared Leto (briefly) as the Joker. *PG13. 123M. FORTUNA.*

WAR DOGS. Lamentably true story about reckless 20-something bros who take advantage of an equally reckless U.S. war machine to become arms dealers. Comically stoned partying obscures the nasty reality for a more fun but less real movie. *R. 114M. FORTUNA.*

YOGA HOSERS. Kevin Smith and Johnny Depp cast their kids (Harley Quinn Smith, Lily Rose Depp) in a thing about teen BFFs battling animated Nazi sausages in Canada. Go ahead and read it again. *PG13. 88M.*

— Jennifer Fumiko Cahill

MOVIES & EVENTS

Sept 11 - Sept 16 • • • • •

Fri Sept 9 – The Big Lebowski (1998), Doors @ 7:30 PM, Movie @ 8 PM, Film is \$5, Rated R.

Mon Sept 12 – Monday Night Football, Doors @ 7:10 PM, Game @ 7:20 PM, Rams @ 49ers, All ages, Free w/\$5 food & bev purchase.

Wed Sept 14 – Sci Fi Night: The Invisible Boy (1957), Doors @ 6 PM All ages, Free w/\$5 food & bev purchase.

Sun Sept 11 – Song of the Sea (2014), Doors @ 5:30 PM, Movie @ 6 PM, Film is \$5, Rated PG.

Arcata Theatre Lounge

arcatatheater.com • 822-1220 • 1036 G St.

Workshops & Classes

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Listings must be paid in advance by check, cash or Visa/MasterCard.
Many classes require pre-registration.

Arts & Crafts

POTTERY CLASSES AT FIRE ARTS: Fall Session September 12 – Nov 19, 2016 Full schedule of classes@fireartsarcata.com or call 707-826-1445. Sign up today ! 520 South G St. Arcata (AC-0908)

Communication

MEDIA BIAS QUESTIONED AT LIFETREE CAFÉ Bias in the news media will be explored at Lifetree Café on Sunday, September 11 at 7 p.m. The program--titled "Bias: What's the Media's Agenda?"--features filmed interviews with three current and former news journalists discussing the current state of bias in the media. During the program, participants will have an opportunity to discuss what level of tilt they see in the news media. Lifetree Café is a free conversation cafe located at Campbell Creek Connexion, corner of Union and 13th St., Arcata. Coffee and snacks. Ph: 672 2919 (C-0908)

Dance/Music/Theater/Film

DANCE WITH DEBBIE: Do you feel lost when your dance instructor talks about rhythm & musicality? We break things down in our "Musicality 101" workshop; Wednesday, Sept 28, 7:00-9:00 p.m. All levels welcome, no partner required. \$10/person. (707) 464-3638, debbie@dancewithdebbie.biz (D-0922)

FREE INTRODUCTION TO ARGENTINE TANGO Experience the most interesting and beautiful dance of all. You'll learn the basics, and have fun! Arg. Tango started in Buenos Aires in the late 1800's and has traveled the globe many times over. Join us and we'll show you why so many have been enchanted. Tues, Sept. 13th, 8:15 - 9:15 pm. Redwood Raks - 824 L St. Arcata (858) 205-9832 leesobo@gmail.com www.tangodelsol.net

PIANO LESSONS FOR BEGINNERS by Judith Louise. Children and adults, learn to read & play music! 707 476-8919. (D-0929)

REDWOOD RAKS WORLD DANCE STUDIO, ARCATA. West African, Belly Dance, Tango, Salsa, Swing, Breakdance, Jazz, Tap, Modern, Zumba, Hula, Congolese, more! Kids and Adults, (707) 616-6876 shoshannaRaks@gmail.com (DMT-0929)

STEEL DRUM CLASSES. Beginning Classes Level 1 Fri's. 10:00-11:00a.m., Level 2 Fri's. 11:00-12:00p.m. Intermediate Thu's., 6:30-7:30p.m. Pan Arts Network 1049 Samoa Blvd. Suite C. Call (707) 407-8998. panartsnetwork.com (DMT-0929)

WEST AFRICAN DRUM CLASS All Level Community Class Fridays 6-8pm
Held at Organic Matters Ranch Barn
6821 Myrtle Ave, Eureka (Freshwater)
Contact Heather 707-834-3610
Extra drums available to borrow or purchase (DMT-0929)

GUITAR/PIANO LESSONS. All ages, beginning & intermediate. Seabury Gould (707)845-8167. (DMT-0929)

Fitness

NORTH COAST FENCING ACADEMY. Fencing (with swords!). Improve your mind and body in a fun, intense workout. New classes begin the first Mon. of every month. Ages 8 to 80+ Email: northcoastfencingacademy@gmail.com or text, or call Justin at 707 601-1657. 1459 M Street, Arcata, northcoastfencing.tripod.com (F-0929)

SUN YI'S ACADEMY OF TAE KWON DO. Classes for kids & adults, child care, fitness gym & more. Tae Kwon Do Mon-Fri 5-6 p.m., 6-7 p.m., Sat 10-11 a.m. Come watch or join a class, 1215 Giuntoli Lane, or visit www.sunyisarcata.com, 825-0182. (F-0929)

ZUMBA WITH MARLA JOY. Elevate, Motivate, Celebrate another day of living. Exercise in Disguise. Now is the time to start, don't wait. All ability levels are welcome. Every Mon. and Thurs. at Bayside Grange 6-7 p.m., 2297 Jacoby Creek Rd. \$6/\$4 Grange members. (707) 845-4307 marlajoy.zumba.com (F-0929)

Kids & Teens

POTTERY CLASSES AT FIRE ARTS: Fall Session September 12 – Nov 19, 2016 Full schedule of classes@fireartsarcata.com or call 707-826-1445. Sign up today ! 520 South G St. Arcata (K-0908)

50 and Better

OSHER LIFELONG LEARNING INSTITUTE (OLLI). Offers dynamic classes for people age 50 and over. Call 826-5880 or visit www.humboldt.edu/olli to register for classes (O-0929)

ART ESSENTIALS: EXPRESSING YOURSELF THROUGH ART WITH BRENT EVISTON. Discover various forms of artistic expressions using a wide range of media including pencil, oil pastel and collage. Wed., Sept. 21-Oct. 5 from 2-4:30 p.m. OLLI Members \$75 (Material fee included)/all others add \$25 non-member fee. For more information call OLLI: 826-5880 or visit us online at www.humboldt.edu/olli (O-0908)

ROLE OF ADVOCATE, AGENT, EXECUTOR & SUCCESSOR WITH LINDA WILLCUT-TALLMAN AND BARBARA DAVENPORT. Obtain tools and resources for navigating duties and responsibilities of being an Advocate, Agent, Executor of a Will or Successor Trustee. Wed., Sept. 21 from 3-5:30 p.m. OLLI Members \$30/all others add \$25 non-member fee. For more information call OLLI: 826-5880 or visit us online at www.humboldt.edu/olli (O-0908)

Continued on next page »

INTRO TO SEA KAYAKING 102 WITH LARRY BUWALDA & MIKE ZEPPEGNO. Skills taught include self and assisted rescues and priorities, channel traffic signals, and intermediary paddle strokes. Tues., Sept. 20 from 9:30 a.m.-12:30 p.m. OLLI Members \$50/all others add \$25 non-member fee. For more information call OLLI: 826-5880 or visit us online at www.humboldt.edu/olli (O-0908)

IPHONE ADVANCED: UNDERSTANDING YOUR IPHONE WITH JEFF SCHROEDER. Master apps and settings to use your iPhone to its full practical potential with confidence. Thurs., Sept 22 from 4-5:50 p.m. OLLI Members \$30/all others add \$25 non-member fee. For more information call OLLI: 826-5880 or visit us online at www.humboldt.edu/olli (O-0908)

POTTERY CLASSES AT FIRE ARTS: Fall Session September 12 – Nov 19, 2016 Full schedule of classes@fireartsarcata.com or call 707-826-1445. Sign up today ! 520 South G St. Arcata (O-0908)

SOCIAL MEDIA & YOU: AN OVERVIEW WITH PAM HOLTEN. Learn about the different social media platforms. Fri., Sept. 16 from 1-2:50 p.m. OLLI Members \$30/all others add \$25 non-member fee. For more information call OLLI: 826-5880 or visit us online at www.humboldt.edu/olli (O-0908)

TEN STEPS TO END YOUR SUGAR CRAVINGS WITH CARLISLE DOUGLAS. Learn how to effectively change your sugar cravings, feel better now, and reduce your risk of developing chronic disease. Sat., Sept. 17 from 1-3:50 p.m. OLLI Members \$10/all others add \$25 non-member fee. For more information call OLLI: 826-5880 or visit us online at www.humboldt.edu/olli (O-0908)

ZOOT SUIT: FILM SCREENING & DISCUSSION WITH MICHAEL COOLEY. View and discuss this wildly entertaining and thought-provoking musical. Mon., Sept. 19 from 6-8:50 p.m. OLLI Members \$10/all others add \$25 non-member fee. For more information call OLLI: 826-5880 or visit us online at www.humboldt.edu/olli (O-0908)

Spiritual

ARCATA ZEN GROUP MEDITATION. Beginners welcome. ARCATA: Sunday 7:55 a.m. at Trillium Dance Studio, 855 8th St (next to the Post Office). Dharma talks are offered two Sundays per month at 9:20 a.m. following meditation. EUREKA: Wed's, 5:55 p.m., First Methodist Church, 520 Del Norte St., enter single story building between F & G on Sonoma St, room 12. For more information call 826-1701 or visit arcatazengroup.org. (S-0929)

BUDDHIST REFUGE AND TEACHINGS ON DEATH, DYING AND THE BARDO WITH VENERABLE LAMA LODU RINPOCHE Fri July 29 – July 31. Community Yoga Center 890 G St, Arcata. Contact Lama Nyugu 707-442-7068, Fierro_roman@yahoo.com, <http://kdkarcatagroup.org/upcoming-events.html> (S-0728)

TAROT AS AN EVOLUTIONARY PATH. Classes in Eureka, and Arcata. Private mentorships, readings. Carolyn Ayres. 442-4240 www.tarotofbecoming.com (S-0929)

NON-RELIGIOUS BUDDHIST STUDY AND PRACTICE WITH TOBIN RANGDROL AT ARCATA SCHOOL OF MASSAGE. Tuesdays, 6:30-8:30 p.m. starting September 27. Free. Visit freebuddhism.org or call (707) 407-7300. (S-1020)

HIRING: GRAPHIC DESIGNER

The *Journal* is seeking talented, part-time graphic artists to join our winning team for print, web and mobile platforms. Must know Adobe CS.

Apply by sending resume and portfolio to holly@northcoastjournal.com



RADICALLY HAPPY: TRANSFORMING YOUR LIFE BY TRANSFORMING YOUR MIND. With Phakchok Rinpoche and Erric Solomon. Arcata Veteran's Memorial Buidling, September 20, 6:30-8:30 p.m. \$25 suggested donation. No one turned away. Visit gomdeusa.org or call Tobin at (707) 407-7300. (S-0915)

TEACHINGS ON MAHAMUDRA WITH PHAKCHOK RINPOCHE. Mahamudra condenses all of the Buddha's teachings into a single path. Rangjung Yeshe Gomde Retreat Center in Leggett, CA. September 16-20. Visit gomdeusa.org or call (707) 925-0201. (S-0915)

Therapy & Support

ALCOHOLICS ANONYMOUS. We can help 24/7, call toll free 1-844 442-0711. (T-0929)

FREE DEPRESSION SUPPORT GROUP. Feeling hopeless? Free, non-religious, drop-in peer group for people experiencing depression/anxiety. UMCJH 144 Central Ave, Mck 839-5691 (T-0209)

SEX/ PORN DAMAGING YOUR LIFE & RELATIONSHIPS? Confidential help is available. 825-0920, saahumboldt@yahoo.com or (TS-0929)

SMOKING POT? WANT TO STOP? www.marijuana-anonymous.org (T-0929)

Vocational

BECOME A CA PUBLIC NOTARY AND LOAN SIGNING SPECIALIST! Classes will be held on Mon and Tues 9/26 and 9/27 at Community Education Eureka. Call 707-476-4500 for more information and registration information or visit us at www.redwods.edu/communityed (V-0908)



HEY, BANDS

Submit your gigs online at www.northcoastjournal.com and/or email with high-res photo to music@northcoastjournal.com

COLLEGE OF THE REDWOODS COMMUNITY EDUCATION will begin LIVE lecture real estate classes in Oct. For additional questions call (707) 476-4500 or visit CR's Community Education at www.redwoods.edu/communityed (V-0908)

INTERMEDIATE EXCEL , Mon & Wed October 17, 19, 24 & 26 9 a.m. - 12 p.m. \$325 For more information 707-476-4500 or visit our website at http://www.redwoods.edu/communityed/ (V-0908)

NEW CARE GIVERS: HELPFUL TIPS TO SECURE MORE WORK October 7 & 8, 2016 Friday 3p - 6p, Saturday 10a.m. - 1p.m. \$55 to register, plus \$15 on the first day of class for workbook CR Community Education 525 D St. Eureka, CA Need extra money? Care-giving is a good option. Come learn helpful tips to get a job in this rewarding field. Learn about the skills required, what kind of work schedule you might expect, clients you may encounter. Build your communication and confidence skills to secure the job you want. Call 707-476-4500 to register. (V-0908)

SERVSAFE MANAGER'S CERTIFICATE 10/11, Tues. 8:30am - 5pm \$175 call 707/476-4500 (V-0908)

Wellness & Bodywork

4 WEEK ASHTANGA YOGA SERIES: MYSORE STYLE Practice at your own pace with the support of senior teacher Dominic Corigliano- Tue/Thur starting Sept. 13th: 7:30-9:00 a.m. For beginners and continuing students. see www.toshayoga.com or call (707) 798-0158

DANDELION HERBAL CENTER CLASSES WITH JANE BOTHWELL. Beginning with Herbs. Sept 14 - Nov 2, 2016, 8 Wed. evenings. Learn medicine making, herbal first aid, and herbs for common imbalances. Plant Lovers Journey to Costa Rica with Jane Bothwell & Rosemary Gladstar. November 10-19, 2016. Let us guide you through the unsurpassed beauty and wondrous diversity of Costa Rica! Herbal Adventure to Hawaii. Jan 14-21, 2017, Join Jane and Co. for an unforgettable journey to the Big Island. Along with ethnobotanical adventures, herbal spa days and meeting Native healers, enjoy a Kava ceremony and other cultural activities, lush beaches, lots of hikes, yoga and more! Register online www.dandelionherb.com or call (707) 442-8157. (W-0908)

T'AI CHI WITH MARGY EMERSON The upcoming year, 2016-2017, will be Margy's 28th and final year of teaching T'ai Chi sequences. At 1049 C Samoa Blvd., Arcata (K St. & Samoa). The 13-week fall term starts Sept. 13. Three styles are offered: Long Form Wu Style, Chen style, and Combined 42 Forms. (New Chen and 42 Forms students must begin in the fall---their sequences will continue through winter term and finish in the spring.) A new T'ai Chi Sources class includes posture, breathing, qigong, Push Hands, Silk Reeling, meditation, and the Tao Te Ching. Daytime and evening classes. Begin as late as the third week. Visit a class with no obligation to pay or enroll. For details: www.margaretemerson.com or 822-6508. (W-0915)

YOGA IN FORTUNA THURS 9:30AM - 10:45AM W/LAURIE BIRDSONG. Multigenerational Center 2280 Newburg Rd. Breathe, stretch, strengthen the body, calm the mind. All levels. \$11 drop-in or 6 class pass \$57. Scholarships avail. info Laurie 362-5457 (W-0929)

Memorial



Timothy Lynn Thrash
1947-2012

Born June 2, 1947
Passed away gently,
September 7, 2012

It's been four years since your passing and we still miss you. Tim was a professional landscaper and talented craftsman. He was creative, artistic, and especially enjoyed working with wood. He was a gifted musician and love to sing and play guitar and taught many of his family and friends to play guitar. He was patient, kind, and generous, sharing what ever he had with others. He was a Believer and did not allow cussing in his house on Sundays. He was preceded in death by his parents, Calvin M Thrash and Mary F Thrash. He is survived by son Troy Thrash Pastori and wife Chloe and their kids, Annabelle, Sophia, and Olivia. His daughter, Jessica Thrash. Also survived by his sisters: Calva Allen, Donna Robinson and husband Larry Robinson, brothers: Mike Thrash, Stan Thrash and wife Katherine Thrash, Randy Thrash and wife Balenda Thrash. He had many nephews and nieces and the cousins, Weldon's, Reeds, Ballews, Bookers, Rossers, and Watts. Bill Lawrence officiated his services on September 15, 2012 at the Church of Christ in Eureka, where he was a member.

Legal Notices

NOTICE OF PETITION TO ADMINISTER ESTATE OF DALE MARION GIER CASE NO. PR160251

To all heirs, beneficiaries, creditors, contingent creditors and persons who may otherwise be interested in the will or estate, or both, DALE MARION GIER A PETITION FOR PROBATE has been filed by Petitioner, Monte Dale Gier In the Superior Court of California, County of Humboldt. The petition for probate requests that MONTE DALE GIER be appointed as personal representative to administer the estate of the decedent. THE PETITION requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by court. THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to

Legal Notices

give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. A HEARING on the petition will be held on September 15, 2016 at 2:00 p.m. at the Superior Court of California, County of Humboldt, 825 Fifth Street, Eureka, in Dept.: 8. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law. YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. ATTORNEY FOR PETITIONER: Leon A. Karjola, August 19, 2016 SUPERIOR COURT OF CALIFORNIA COUNTY OF HUMBOLDT

8/25, 9/1, 9/8 (16-220)

T.S. No. 034777-CA APN: 516-091-069-000 NOTICE OF TRUSTEE SALE Pursuant to CA Civil Code 2923.3 IMPORTANT NOTICE TO PROPERTY OWNER: YOU ARE IN DEFAULT UNDER A DEED OF TRUST, DATED 8/11/2006. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER

On 9/20/2016 at 11:00 AM, CLEAR RECON CORP., as duly appointed trustee under and pursuant to Deed of Trust recorded 8/15/2006, as Instrument No. 2006-23733-9, of Official Records in the office of the County Recorder of Humboldt County, State of CALIFORNIA executed by: FRED G. SUNDBERG

AND CONNIE M. SUNDBERG AS TRUSTEES OF THE FRED AND CONNIE SUNDBERG TRUST DATED 2/14/02 WILL SELL AT PUBLIC AUCTION TO HIGHEST BIDDER FOR CASH, CASHIERæ CHECK DRAWN ON A STATE OR NATIONAL BANK, A CHECK DRAWN BY A STATE OR FEDERAL CREDIT UNION, OR A CHECK DRAWN BY A STATE OR FEDERAL SAVINGS AND LOAN ASSOCIATION, SAVINGS ASSOCIATION, OR SAVINGS BANK SPECIFIED IN SECTION 5102 OF THE FINANCIAL CODE AND AUTHORIZED TO DO BUSINESS IN THIS STATE: AT THE FRONT ENTRANCE TO THE COUNTY COURTHOUSE, 825 5TH ST., EUREKA, CA 95501 all right, title and interest conveyed to and now held by it under said Deed of Trust in the property situated in said County and State described as: MORE FULLY DESCRIBED ON SAID DEED OF TRUST The street address and other common designation, if any, of the real property described above is purported to be: 691 FIELD-BROOK RD MCKINLEYVILLE, CALIFORNIA 95519 The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said sale will be held, but without covenant or warranty, express or implied, regarding title, possession, condition, or encumbrances, including fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust, to pay the remaining principal sums of the note(s) secured by said Deed of T rust. The total amount of the unpaid balance of the obligation secured by the property to be sold and reasonable estimated costs, expenses and advances at the time of the initial publication of the Notice of Sale is: \$224,810.16 If the Trustee is unable to convey title for any reason, the successful bidder's sole and exclusive remedy shall be the return of monies paid to the Trustee, and the successful bidder shall have no further recourse. The beneficiary under said Deed of Trust heretofore executed and delivered to the undersigned a written Declaration of Default and Demand for Sale, and a written Notice of Default and Election to Sell. The undersigned caused said Notice of Default and Election to Sell to be recorded in the county where the real property is located. NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property.

PROPERTY TAX DEFAULT (DELINQUENT) LIST
I, John Bartholomew, Humboldt County Tax Collector, State of California, certify that:

The real properties listed below were declared to be in tax default at 12:01 a.m. on July 1, 2016, by operation of law pursuant to Revenue and Taxation Code §3436. The declaration of default was due to nonpayment of the total amount due for the taxes, assessments, and other charges levied in fiscal year 2012 -2013 that were a lien on the listed real property.

Tax-defaulted real property may be redeemed by payment of all unpaid taxes and assessments, together with the additional penalties and fees, as prescribed by law, or it may be redeemed under an installment plan of redemption.

The amount to redeem, including all penalties and fees, as of September 2016, is shown opposite the parcel number and next to the name of the assessee.

All information concerning redemption of tax-defaulted property will be furnished, upon request, by John Bartholomew 825 5th St Room 125 Eureka, CA 95501. (707) 476-2540.

PARCEL NUMBERING SYSTEM EXPLANATION

The Assessor's Parcel Number (APN), when used to describe property in this list, refers to the assessor's map book, the map page, the block on the map (if applicable), and the individual parcel on the map page or in the block. The assessor's maps and further explanation of the parcel numbering system are available in the assessor's office.

Property tax defaulted on July 1, 2013, for the taxes, assessments and other charges for the fiscal year 2012-13

APN	ASSESSEE NAME	AMOUNT TO REDEEM
001-012-006-000	AHI Enterprises Inc	\$7,106.26
526-231-025-000	Dorothy Alameda	\$975.19
526-231-027-000	Dorothy Alameda	\$356.26
526-231-009-000	Dorothy J Alameda	\$921.90
109-201-003-000	Kit D Alexander	\$1,521.91
109-141-009-000	Auburn Sky LLC	\$7,712.68
214-061-007-000	Cyndra L Ball	\$15,997.27
306-026-011-000	Shawlyn E Banfill Richard A Flannery	\$10,168.97
216-291-050-000	Todd D Barber Bridgette M L Drummond Norman Grant SR	\$4,679.34
109-191-012-000	Amy Barker	\$5,429.53
110-101-024-000	Christopher M Barton Jerry L Barton Maria Barton	\$1,180.97
110-251-013-000	Bahram Behin	\$2,464.63
109-111-029-000	Roxanne M Beijan Cameron Blair	\$2,283.51
040-263-020-000	John & Amy Black	\$6,710.83
405-331-022-000	John & Amy Black	\$32,203.81
402-051-022-000	Christopher C & Carolyn Y Blank	\$10,968.33
019-071-018-000	Teresa J & Robert H Borck	\$4,935.80
507-362-030-000	Brett E Born & Teresa J Walker	\$23,694.41
515-322-005-000	Brett Born & Teresa J Walker	\$3,796.70
515-322-026-000	Brett Born & Teresa J Walker	\$1,888.95
515-322-027-000	Brett Born & Teresa J Walker	\$16,121.42
221-161-017-000	Forrest A Borzini Andre L F & Karen B Pergens	\$28,500.35
212-291-032-000	Kenneth D Bowman	\$926.55
212-291-033-000	Kenneth D & Donna M Bowman	\$2,967.72
021-022-002-000	Matthew V Brockmeyer II	\$6,546.34
220-082-012-000	Matthew V Brockmeyer	\$8,746.91
008-111-004-000	Kathryn A Broyles	\$651.52
053-073-004-000	Michael W Burns	\$3,856.26
510-231-035-000	Michael L Byrd	\$3,399.75
010-172-005-000	Mildred A Caldeira Edward L Kirkpatrick	\$2,064.99
006-065-006-000	Michelle M Camilli Steve R Camilli Jr	\$7,603.82
210-044-008-000	Geoffrey Campbell Kimi Tamura	\$14,082.48
510-041-007-000	Tamara Camper	\$292.65
202-102-027-000	Lionel R & Mary L Carroll	\$930.58
202-102-025-000	Mary L Carroll	\$828.91
005-022-003-000	Brent E Cavallin	\$4,882.29
077-212-015-000	Alfred Ceraulo	\$734.07
052-241-063-000	Phyllis M Chio kai	\$1,172.76
308-231-011-000	Kenneth T Christensen Chad R Christensen	\$7,050.17
309-191-001-000	Kenneth T Christensen Chad R Christensen	\$1,484.92

309-191-003-000	Kenneth T Christensen Chad R Christensen	\$4,696.59
507-081-043-000	City of Arcata	\$146.22
507-121-013-000	City of Arcata	\$6,906.88
205-271-020-000	Stephen K Combs	\$1,551.31
216-023-010-000	James C Contreras	\$10,519.48
010-201-004-000	Donald E Cookman	\$8,197.14
206-211-002-000	Christopher M & Kathleen I Cooper	\$2,117.74
522-044-067-000	William Damron	\$1,019.78
031-083-017-000	Marcus G & Leah M Daniels	\$21,518.77
216-026-016-000	Michael W Davis	\$5,337.81
052-121-002-000	Colin A & Susan C Dazzi	\$3,621.08
110-251-007-000	Laura M De-Martin	\$3,101.11
110-251-009-000	Laura M De-Martin	\$3,101.11
111-031-012-000	Laura M De-Martin	\$2,465.05
314-311-019-000	Matthew Delgado	\$11,454.57
111-071-018-000	Margaret E Demarco	\$3,908.84
111-071-019-000	Margaret E Demarco	\$3,685.27
201-322-024-000	Eugene P & Helen B Demello	\$16,637.72
201-322-029-000	Eugene P & Helen B Demello Demello Living Trust	\$3,123.46
109-131-001-000	Sean Devito	\$1,793.17
109-131-010-000	Sean Devito	\$2,889.02
109-131-069-000	Sean Devito	\$3,287.67
111-111-032-000	Jerry Dinzes	\$3,139.24
520-081-002-000	Don Dixon	\$489.58
108-012-009-000	Eric P Doricko	\$2,256.46
301-031-004-000	William A Robinson Jr Trust Gloria Robinson Forester-Gill Inc Scott C Dunn Residual Trust Judy L Dunn/ Susan Hardie	\$2,131.08
403-171-030-000	Levon Durr	\$473.62
216-261-029-000	Joyce L Early	\$2,145.98
053-154-012-000	Nichole R Page William B Edgins	\$8,626.20
223-032-001-000	Eel River Sawmills Inc	\$1,101.36
223-032-002-000	Eel River Sawmills Inc	\$808.91
223-032-004-000	Eel River Sawmills Inc	\$1,074.51
510-111-023-000	Environmental Technology Inc	\$626.47
529-221-031-000	Jessica Erickson	\$681.44
211-184-006-000	Gregory D Ester	\$29,289.10
111-063-032-000	Sharon K D Tarrant Russell V Tarrant Laura S Fagundes Anthony E Fagundes	\$5,562.46
404-022-002-000	Nina L Faust Mohamad M Alnakhlawi	\$2,582.74
006-191-015-000	FB Squires Family Trust	\$322,332.49
021-173-002-000	Melisa Thonson Brian J Finigan	\$3,586.53
314-192-004-000	First Nazarene Church	\$353.42
208-221-013-000	Vanessa Flieg	\$7,953.22
507-390-026-000	Rachel & Finigan Ford	\$1,868.42
111-102-016-000	George M W Formby	\$3,078.79
303-191-048-000	Forster Gill Inc	\$10,493.05
303-151-002-000	Forster Gill Inc	\$28,421.14
303-151-003-000	Forster Gill Inc	\$14,329.24
303-151-004-000	Forster Gill Inc	\$14,329.24
001-232-008-000	Rex D & Jo E Foss	\$2,062.81
033-281-013-000	Tammy Freeman Betty J & John Pearson	\$12,930.06
314-151-010-000	Betty J Fulton	\$4,057.10
314-152-002-000	Betty J Fulton	\$32,026.02
314-155-001-000	Betty J Fulton	\$2,432.00
314-155-002-000	Betty J Fulton	\$1,140.79
314-156-006-000	Betty J Fulton	\$1,236.04
314-156-007-000	Betty J Fulton	\$620.03
529-171-043-000	Alta E Gault Alta E Gault Rev Trust of 2008	\$287.20
306-151-006-000	Bret Golden	\$16,992.23
109-221-018-000	Saralynn D & Clifford Golob	\$1,946.63
216-176-005-000	Charles A Greder	\$3,910.15
010-061-015-000	Gerald M Green	\$2,613.94
010-061-017-000	Gerald M Green	\$2,613.94
109-131-071-000	Gordon Green Febelyn Acosta-Green	\$2,045.39
516-271-003-000	Guderth Incorporated	\$18,679.35
009-071-008-000	James J Hanacek	\$5,964.85

012-193-011-000	James J Hanacek Sharon Manchas Trust	\$4,664.89
109-201-022-000	Winter Potter & David Hand	\$2,092.99
109-171-017-000	Wade Hargrove	\$2,556.33
511-390-009-000	Roger Harmon	\$6,962.01
402-221-054-000	David H Harris	\$569.15
100-142-014-000	Bill & Evy Harrison	\$3,240.35
309-143-004-000	William L & Evelyn J Harrison	\$4,217.13
109-221-011-000	Michael P/ Matthew J & Hannah I Hibbert	\$1,769.84
512-121-022-000	Nancy J Hickok & Gerald J Bailey Jr	\$4,873.77
510-311-026-000	Jerome C & Sarah M Hiller	\$1,461.93
111-161-025-000	Kenneth L Holland	\$6,406.78
025-074-002-000	Diana L Hudson	\$25,607.65
021-191-006-000	Humboldt State University Advancement Foundation	\$596.94
505-251-011-000	Humboldt State University Advancement Foundation	\$96.50
505-251-013-000	Humboldt State University Advancement Foundation	\$96.50
021-061-001-000	Humboldt State University Advancement Foundation	\$96.50
303-091-067-000	Jamie S Hunt	\$910.29
303-091-098-000	Jamie S Hunt	\$13,498.06
217-401-003-000	Matin T Moghadam Vessela B Iordanova	\$19,343.85
308-291-018-000	Albert E & Beverly N James	\$372.30
110-081-027-000	Dallerie J Johnson	\$1,428.69
529-361-012-000	Rodney & Penny Johnson	\$66.20
208-221-007-000	Jack E Jones	\$7,037.68
109-032-024-000	Fredrick J Kalman II	\$3,438.17
109-331-010-000	Fredrick J Kalman II	\$2,046.56
109-331-011-000	Fredrick J Kalman II	\$2,046.56
221-101-007-000	Karen Kalman	\$1,490.45
534-142-003-000	Richard N & Patricia G Kelley	\$547.99
216-132-020-000	Sterling W & Sandra I Kercher	\$2,606.79
052-203-001-000	Suni M Killfoil	\$9,035.11
202-350-007-000	Suni M Killfoil	\$3,748.23
210-051-041-000	Rose A Silver & Beatrice A King	\$1,770.83
012-103-015-000	Jana L Kirk-Levine & Eric V Kirk	\$13,232.16
007-112-001-000	Edward L Kirkpatrick	\$2,286.23
509-171-029-000	Rhonda H & Collin Klein	\$637.06
522-311-047-000	John Klinchock	\$13,446.81
111-112-016-000	Lanco Enterprises Inc	\$1,919.55
530-094-010-000	Ralph & Elizabeth Lemmons	\$7,700.28
201-125-019-000	Dorothy L A Lennon Trust Dorothy Lennon	\$3,325.97
220-292-017-000	Aaron Lieberman	\$6,550.91
300-201-023-000	Juanita Long	\$5,306.10
111-202-070-501	Reynel & Elizabeth Lucero	\$10,898.18
509-201-037-000	Carson Lunsford	\$2,431.39
305-251-022-000	Kimberly Lyons Catherine Martin	\$6,364.50
208-221-023-000	Jordan L Mabra	\$9,227.57
534-196-003-000	Brendan Mainville	\$480.77
110-261-018-000	Gabriel Markham	\$5,530.77
110-291-021-000	Gabriel Markham	\$2,752.36
110-291-022-000	Gabriel Markham	\$2,752.36
304-231-020-000	Wayne E & Susan E Marsh	\$5,601.79
509-051-023-000	Jeffrey W Matthews	\$6,753.68
111-202-001-000	James D & Susan M Mault	\$2,235.88
222-222-003-000	MBM Development	\$3,579.88
203-141-053-000	Natalie & Joshua McCall	\$115.16
077-214-028-000	Cynthia McCants & Cynthia Haug	\$3,104.70
525-311-010-000	Leanne M McCardie-Estrada James M J McCardie Carlos R J Estrada Jr	\$1,073.11
525-201-058-000	Leanne M McCardie-Estrada James M J McCardie Carlos R J Estrada Jr	\$882.84
006-262-020-000	Vicki S McCulley	\$3,409.92
018-322-015-000	Abraham McDermott	\$856.49
523-011-005-000	Donald J McIntosh Jr	\$5,169.88
110-131-033-000	Melido Inc	\$2,821.65
107-291-007-000	Anthony H Meltzer	\$5,645.51
107-291-011-000	Anthony H Meltzer	\$2,708.81
100-142-006-000	Eric Meyers	\$3,728.68
109-341-030-000	Joshua R Millwood	\$1,673.55
202-102-013-000	Jeffery R & Kimberly A Moody	\$1,882.64
202-102-014-000	Jeffery R & Kimberly A Moody	\$9,824.97
202-102-015-000	Jeffery R & Kimberly A Moody	\$14,816.43

002-113-002-000	Ralph C Moody	\$152.10
002-113-003-000	Ralph C Moody	\$152.10
110-071-009-000	Steven V/ Joseph M/ Heather M & Christina D Moon	\$2,119.48
109-302-033-000	Joe Moorhead	\$6,597.06
223-181-039-000	Katharina L Morgan	\$2,511.79
109-071-002-000	Peter Morrison	\$2,501.09
209-152-004-000	Terence Mosolf & Elizabeth J Dalton	\$5,197.13
221-171-021-000	Lon Mulvaney	\$2,137.08
508-211-056-000	Rick D Myers	\$5,951.75
052-241-032-000	Wesley & Nancy Nally	\$1,640.10
200-441-045-000	William L Needham	\$14,198.61
200-441-048-000	William L Needham	\$852.30
212-091-015-000	Christopher Nevarez	\$15,055.65
401-246-013-000	Coy N & Linda L Newman	\$25,621.39
530-082-029-000	Jacqueline D Nix	\$807.45
504-251-001-000	North Coast Timberlands LLC	\$95.00
316-233-014-000	Aaron G Ochoa	\$10,895.23
110-251-028-000	Leonel Ochoa & Ester Cueva	\$2,198.51
001-111-010-000	Cindy Olsen	\$3,071.33
215-202-041-000	Kia C & Daniel D Osborne	\$25,321.01
400-091-017-000	Jason Patton	\$3,797.28
217-282-003-000	Mark & Kelly Patton Charles Nicholson Marital QTIP Trust	\$494.02
052-233-003-000	Lester Pedrazzini	\$1,853.81
109-271-005-000	Leonard H & Emilia D Pengson	\$1,645.00
011-183-005-000	Albert E Perry	\$9,916.83
533-063-022-000	Christopher H Peters	\$175.72
108-171-022-000	Bruce Picton & Jack Sanford	\$20,536.59
009-211-013-000	Elias A Pimentel	\$7,222.29
503-223-012-000	Nancy Powers	\$5,600.09
504-201-048-000	Jay S Pretto	\$4,886.46
509-112-023-000	Red Adams Homeowners Assoc Inc	\$96.50
111-062-037-000	Arlin R & Denise Reid	\$70.27
510-142-049-000	Osha Reynolds	\$3,662.32
005-072-011-000	Carol A & Michael D Riese	\$10,395.68
111-111-038-000	Joseph M Rocha	\$3,993.77
004-071-015-000	Ramona Starritt Claudette Rogers Simone Brownthunder	\$1,497.00
109-071-031-000	Coreen K Rose	\$1,751.44
109-071-030-000	Coreen Rose	\$2,827.09
313-241-002-000	John C Ryder	\$1,097.95
509-162-036-000	Antonio Salas	\$290.52
109-271-050-000	Kathy P Salazar	\$1,061.43
511-331-014-000	Jennifer L & Janet Sanford	\$13,635.40
506-092-016-000	Alex O Scherbatskoy	\$5,814.64
110-251-040-000	Bryan D Schwartz	\$1,774.16
018-083-010-000	Michael Scott	\$8,075.21
052-071-003-000	Jim Scroggins, Heirs or Devisees of	\$10,428.09
400-041-062-000	Ronald Settles	\$1,005.27
400-041-063-000	Ronald Settles	\$749.60
206-211-020-000	John & Donna Setzer	\$9,944.51
520-071-016-000	Carrie Sexton	\$1,004.61
110-231-057-000	Michael E Shaw	\$2,048.29
101-093-010-000	Sarah Shevett	\$5,177.46
511-441-016-000	Justine L & Douglas A Smith	\$73.27
402-032-045-000	Vernon Smith	\$629.98
402-032-046-000	Vernon Smith	\$6,177.38
077-073-002-000	William F & Margaret T Smith David E Smith	\$897.91
053-151-019-000	Alvin D & Michelle A Smither	\$10,317.49
400-041-013-000	Alvin D & Michelle Smither	\$7,209.25
400-041-040-000	Alvin D & Michelle Smither	\$1,323.01
400-041-041-000	Alvin D & Michelle Smither	\$1,053.05
001-102-001-000	James L Spears	\$2,282.56
002-123-004-000	Floyd E & Betty J Squires	\$3,932.48
004-112-008-000	Floyd E III & Betty J Squires	\$155,449.02
001-042-012-000	Floyd E III & Betty J Squires	\$8,242.66
001-042-013-000	Floyd E III & Betty J Squires	\$5,989.68
402-081-026-000	Floyd E III & Betty J Squires	\$4,999.49
402-081-033-000	Floyd E III & Betty J Squires	\$3,274.39
110-021-053-000	Victor & Teodora Stanciu	\$798.60
223-301-007-000	Billie J Starry	\$5,303.79
207-152-011-000	Marvin E Stewart Jr	\$10,356.80
109-081-015-000	Kyle Stornetta	\$1,913.97
210-162-005-000	Cody M Strandburg	\$9,357.12
511-342-003-000	Sharon L Sudduth-Fusi	\$3,421.03
531-011-009-000	Sullivan Resources LLC	\$2,231.23
109-351-050-000	Leon S Sunyich	\$3,786.13

109-351-051-000	Leon S Sunyich	\$3,422.01
109-351-052-000	Leon S Sunyich	\$2,798.42
316-064-010-000	Michael L & Elizabeth A Teodecki	\$9,098.49
202-102-012-000	Margret A Thomas Michale R Thomas Elijah H Thomas	\$7,617.93
001-173-003-000	Ray & Darlene Thompson Ethel Thompson Tom Millis/ Jack B Millis Amy Linden/ Jean Annis Coleman R Bannister	\$5,951.99
018-341-003-000	Raymond F & Darline M Thompson	\$7,687.32
305-271-023-000	Ronald E Jr & Christine M Titus	\$4,706.23
223-023-004-000	Deborah A Weir & Richard T Trainer Richard T & Deborah A Trainer Rev Trust	\$2,833.78
534-194-008-000	Christopher W Trent	\$1,991.58
533-063-012-000	Christopher W Trent Christopher W Trent Living Trust	\$378.09
011-183-013-000	Robert W Tripp	\$277.50
205-212-027-000	Juan P & Shirley M Velasquez	\$1,075.21
205-212-038-000	Juan P & Shirley M Velasquez	\$953.79
053-094-004-000	Shirley M Velasquez	\$3,305.30
306-261-031-000	Anthony B & Judith N Viegas	\$1,144.72
522-443-009-000	Sherilyn D & Larry J Wadsworth	\$3,379.72
505-331-046-000	Charity A Walker	\$13,930.80
004-051-002-000	James W & Allyson Walker Richard & Karen Lapin Walter S & Kathleen L Green Alan H & Stephanie H Blanc	\$3,872.59
517-231-053-000	Ryan Walrod & Grace Driscoll	\$19,781.86
100-212-026-000	Parker Walworth	\$6,168.81
403-111-009-000	Matthew J & Jill Wardynski	\$10,352.86
518-062-015-000	Angela West	\$8,779.34
111-011-035-000	Tyreace T & Aysel A Williams	\$2,274.94
109-091-035-000	Jared Wilson	\$2,248.02
109-292-046-000	Mark C & Barbara J Woodward	\$940.26
515-011-075-000	Ryan Zavala	\$22,913.92
010-092-021-000	Christopher B Zimpelman	\$12,841.22

I certify or (declare), under penalty of perjury, that the foregoing is true and correct.


John Bartholomew
Humboldt County Tax Collector

Executed at Eureka, Humboldt County, California, on March
Published in the North Coast Journal on September 1st, 8th & 15th 2016.

**PUBLIC NOTICE
NOTICE OF ADOPTION OF PRELIMINARY BUDGET
FISCAL YEAR 2016-2017**

NOTICE IS HEREBY GIVEN that the Preliminary Budget for the Bridgeville Fire Protection District of Humboldt County for the fiscal year BEGINNING July 1, 2016, has been adopted by the District Board of Directors and is available for inspection by interested taxpayers through the District's mailing address:

Bridgeville Fire Protection District
P. O. Box 51
Bridgeville, CA 95526

That on July 11, August 8, and September 12, 2016 at 5:00 PM, at Bridgeville Community Center, Bridgeville, California, the Board of Directors will meet for the purpose of fixing the final budget, and that any taxpayer may appear at said time and place and be heard regarding the increase, decrease, or omission of any item of the budget, or for the inclusion of additional items.

The final budget will be adopted at its September 12, 2016 meeting.
PUBLISHED BY ORDER OF THE BOARD OF DIRECTORS OF THE
BRIDGEVILLE FIRE PROTECTION DISTRICT.

Maryliz O'Connell
Board Secretary

You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call (844) 477-7869 or visit this Internet Web site WWW.STOXPOSTING.COM, using the file number assigned to this case 034777-CA. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. FOR SALES INFORMATION: (844) 477-7869 CLEAR RECON CORP. 4375 Jutland Drive Suite 200 San Diego, California 92117

8/25, 9/1, 9/8 (16-214)

PUBLIC SALE

NOTICE IS HEREBY GIVEN that the undersigned intends to sell the personal property described below to enforce a lien imposed on said property pursuant to Sections 21700 -21716 of the Business & Professions Code, Section 2328 of the UCC, Section 535 of the Penal Code and provisions of the civil Code.

The undersigned will sell at public sale by competitive bidding on the 14th of September, 2016, at 9:00 AM, on the premises where said property has been stored and which are located at Rainbow Self Storage.

The following units are located at 4055 Broadway Eureka, CA, County of Humboldt.

Clayton Miller, Space # 5000 (Held in Co. Unit)
Todd Gonsalves, Space # 5435

The following units are located at 639 W. Clark Street Eureka, CA, County of Humboldt and will be sold immediately following the sale of the above units.

Michael Sprague, Space # 2514
Donald Helton, Space # 3601
Darlene Borgelin, Space # 3607

The following units are located at 3618 Jacobs Avenue Eureka, CA,

County of Humboldt and will be sold immediately following the sale of the above units.

Heidi Darms, Space # 1164
Andrew McCornack, Space # 1325
Danyelle Layman, Space # 1363
Rebecca Harcharik, Space # 1369
Jacob Evensen, Space # 1378 (Held in Co. Unit)
Anna Schnurman, Space # 1384
Darlene Borgelin, Space # 1402
Samantha Formby, Space # 1708
Jason Kinyoun, Space # 1718 (Held in Co. Unit)
Dorothy York, Space # 1744
Dorothy York, Space # 1745
Aurora Hope, Space # 1815

The following units are located at 105 Indianola Avenue Eureka, CA, County of Humboldt and will be sold immediately following the sale of the above units.

Mary Spott, Space # 108
John Moschetti, Space # 114
Shelby Holzworth, Space # 221 (Held in Co. Unit)
Douglas Law, Space # 319
Aurora Hope, Space # 326
Justin Massie, Space # 392
Aurora Hope, Space # 406
Betty Garfield, Space # 435
Wesly Sells, Space # 457
Leo Hutton, Space # 465
Brooklyn Walker, Space # 584
Brandie Gonzales, Space # 740
Eric Batz, Space # 759
Louis Edwards, Space # 790
Lawrence Rogers, Space # 834
Christine Klammes, Space # 839

The following units are located at 1641 Holly Drive McKinleyville, CA, County of Humboldt and will be sold immediately following the sale of the above units.

None

The following units are located at 2394 Central Avenue McKinleyville CA, County of Humboldt and will be sold immediately following the sale of the above units.

None

The following units are located at 180 F Street Arcata CA, County of Humboldt and will be sold immediately following the sale of the above units.

None

The following units are located at 940 G Street Arcata CA, County of Humboldt and will be sold immediately following the sale of the above units.

None

Items to be sold include, but are not limited to:
Household furniture, office equipment, household appliances, exercise equipment, TVs, VCR, microwave, bikes, books, misc. tools, misc. camping equipment, misc. stereo equip. misc. yard tools, misc. sports equipment, misc. kids

toys, misc. fishing gear, misc. computer components, and misc. boxes and bags contents unknown. Purchases must be paid for at the time of the sale in cash only. Anyone interested in attending the auction must sign in at 4055 Broadway Eureka CA. prior to 9:00 A.M. on the day of the auction, no exceptions. All purchase items sold as is, where is and must be removed at time of sale. Sale is subject to cancellation in the event of settlement between owner and obligated party. Auctioneer: Kim Santsche, Employee for Rainbow Self-Storage, 707-443-1451, Bond # 40083246.

Dated this 1st day of September, 2016 and 8th day of September, 2016

(16-223)

FICTITIOUS BUSINESS NAME STATEMENT 16-00517

The following person is doing Business as
SOUTHERN HUMBOLDT DISTRIBUTION COMPANY LLC dba LHIW Devices
SOUTHERN HUMBOLDT DISTRIBUTION COMPANY LLC dba LHIW Gifts
SOUTHERN HUMBOLDT DISTRIBUTION COMPANY LLC dba LHIW Products

Humboldt
665 Locust Street
Garberville, CA 95542
Southern Humboldt Distribution Company LLC
CA 201524610295
665 Locus Street
Garberville, CA 95542

The business is conducted by A Limited Liability Company. The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable I declare the all information in this statement is true and correct. A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s Travis Thompson, Manager
This statement was filed with the County Clerk of Humboldt County on August 25, 2016
KELLY E. SANDERS
Humboldt County Clerk
By: aa, Deputy Clerk

9/8, 9/15, 9/22, 9/29 (16-224)

FICTITIOUS BUSINESS NAME STATEMENT 16-00493

The following person is doing Business as
NORTH FORK LUMBER COMPANY
Humboldt
1165 Maple Creek Road
Korbel, CA 95550
PO Box 1038
Blue Lake, CA 95525-1038
Parks R Basho
1165 Maple Creek Road
Korbel, CA 95550

The business is conducted by An Individual. The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable I declare the all information in this statement is true and correct. A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s Beverly, Secretary
This statement was filed with the County Clerk of Humboldt County on August 11, 2016
KELLY E. SANDERS
Humboldt County Clerk
By: aa, Deputy Clerk

9/1, 9/8, 9/15, 9/22 (16-221)

FICTITIOUS BUSINESS NAME STATEMENT 16-00496

The following person is doing Business as **TOP TO BOTTOM STITCHES**
Humboldt, 2148 Home Dr.
Eureka, CA 95503
Susan D. Tousley
2148 Home Dr
Eureka, CA 95503
Robin L. Tousley
2148 Home Dr.
Eureka, CA 95503

The business is conducted by A Married Couple. The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable I declare the all information in this statement is true and correct. A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s Susan D. Tousley, Ruler
This statement was filed with the County Clerk of Humboldt County on August 16, 2016
KELLY E. SANDERS
Humboldt County Clerk
By: gw, Deputy Clerk

8/25, 9/1, 9/8, 9/15 (16-230)

FICTITIOUS BUSINESS NAME STATEMENT 16-00482

The following person is doing Business as
BEAUTY'S PAIN
Humboldt
512 M St.
Eureka, CA 95501
Felicia Camilli
461 Alder St. Unit A
Eureka, CA 95501

The business is conducted by An Individual. The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable I declare the all information in this

statement is true and correct. A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s Felicia Camilli, Owner
This statement was filed with the County Clerk of Humboldt County on August 3, 2016
KELLY E. SANDERS
Humboldt County Clerk
By: aa, Deputy Clerk

9/1, 9/8, 9/15, 9/22 (16-222)

ORDER TO SHOW CAUSE FOR CHANGE OF NAME JAN GILLESPIE AND WILLIAM GILLESPIE CASE NO. CV160702 SUPERIOR COURT OF CALIFORNIA, COUNTY OF HUMBOLDT 825 FIFTH ST. EUREKA, CA. 95501

PETITION OF:
MATHEW CHARLES GILLESPIE
TO ALL INTERESTED PERSONS:
Petitioner: Jan Gillespie and William Gillespie

for a decree changing names as follows:
Present name
MATHEW CHARLES GILLESPIE
to Proposed Name
MATTHEW CHARLES GILLESPIE

THE COURT ORDERS that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.
NOTICE OF HEARING
Date: October 3, 2016
Time: 1:45 p.m., Dept. 8
SUPERIOR COURT
OF CALIFORNIA,
COUNTY OF HUMBOLDT
825 FIFTH STREET
EUREKA, CA 95501
Date: August 17, 2015
Filed: August 17, 2016
/s/ Dale A. Reinholdtsen
Judge of the Superior Court

8/25, 9/1, 9/8, 9/15/2016 (16-218)

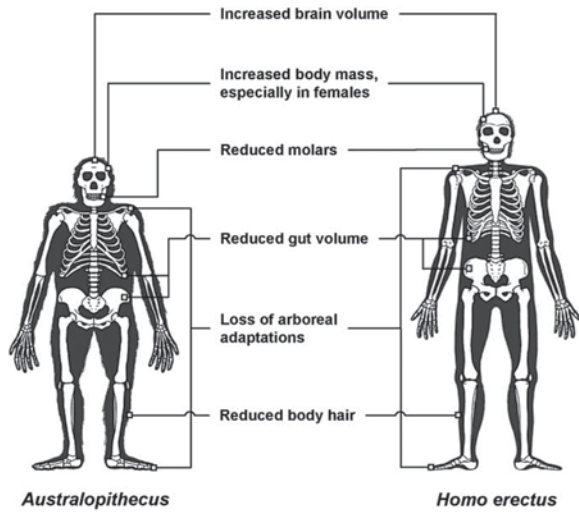
LEGALS?

County Public Notices
Fictitious Business
Petition to
Administer Estate
Trustee Sale
Other Public Notices
442-1400 x305

Field Notes

The Cooking Ape, Part 1

By Barry Evans
fieldnotes@northcoastjournal.com



Ape. That's what you'd have thought if you met one of our ancestors two million years ago: short stature, low brow, massive jaw and mouth housing huge teeth, small brain, flared ribs enclosing a big belly, slouching gait, tree-climbing anatomy — all the hallmarks of a bipedal ape. Fast forward to 1.7 million years ago, put your great-great-great ... grandfather into an off-the-rack Brooks Brothers suit (which would fit him just fine) and you'd think, *human*. What happened during that comparatively brief 300,000 years to morph our forebears from chimpanzee-like “habilines” (*Australopithecus habilis* and *Homo habilis*) to human-like *Homo erectus*? Richard Wrangham, professor of biological anthropology at Harvard University, has a one-word answer: cooking.

Wrangham's thesis is that around 1.9 million years ago, during the early Pleistocene period, our ancestors learned to control fire, which until then had been a hit-and-miss event. Lightning-initiated fires on the African savannah were irregular phenomena, but at some point our habiline forebears figured out how to start a fire (probably with sparks produced by striking pyrite rocks with flint). Fires, even without cooking, would have had an immediate impact on their lives, allowing them to sleep on the ground, for instance. Until then, they'd have slept in trees to avoid predators, as most apes do today. But when one of them accidentally dropped a slab of meat into a fire — the first barbecue — that's when the transition from ape to human really got underway.

Cooked meat is essentially pre-digested, since heating denatures protein, allowing stomach enzymes easier access to animal food. Gelatinizing starch by heating it also helps digestion. Although present-day humans *can* live on uncooked food — just — our bodies are thoroughly adapted to a cooked diet. For instance, our chewing teeth (molars) are small compared with all other primates vis-à-vis body size. Similarly, our mouths are tiny, our jaw muscles weak, our stomachs small and our colons short: all the result of cooking, according to Wrangham. He points out that the

Cooking may have driven the evolution of human-looking *Homo erectus* from ape-like *Australopithecus*.

Courtesy of Richard Wrangham and Rachel Carmody

great apes have to eat twice as much as humans because one-third of their food is indigestible fiber that gets excreted; in humans, it's less than 10 percent.

Today, other than raw foodists, everyone everywhere cooks their food, and for good reason: *energy*. It takes much more energy to digest food that is (1) hard, tough and dense, (2) cold, (3) in large chunks, like animal meat. (As it is, our metabolic rate rises about 25 percent after eating.) But cooking doesn't just give us more energy, it gives us more time. Other primates typically spend most of their waking hours chewing. Wrangham estimates that, absent cooking, humans would be spending about six hours a day just chewing (and the rest of the day hunting and gathering). As it is, we spend less than an hour a day actually eating.

Once our forebears no longer needed all that high-powered, energy-intensive, machinery for mastication and digestion, our bodies “humanized” — our teeth, jaws, mouths, stomachs and colons got smaller, while our brains capitalized on the surplus energy made available by cooking. Brains are calorie-guzzlers, accounting for 20 percent of the calories we burn, yet weighing only 2 percent of our total body weight. Those extra calories grew brains: The cranial capacity of (non-cooking) habilines was about 37 cubic inches; that of (cooking) *Homo erectus* was around 53 cubic inches. Meanwhile, body weight nearly doubled, from about 75 to 135 pounds. So that's the theory: Cooked food led to shrinking everything except our brains, which eventually doubled in size to our present average of 73 cubic inches.

Next time, I'll discuss some ramifications of the cooking revolution, including how we learned to socialize and make nice. ●

Barry Evans (barryevans9@yahoo.com) is a consummate team player when it comes to dining, enthusiastically eating what others cook.

CROSSWORD
by David Levinson Wilk

1	2	3	4	5	6		7	8	9		10	11	12
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51				52	53	54	55	56					
57										58			59
60										61			
62						63				64			

TWO-PARTY

ANSWERS NEXT WEEK!

- ACROSS

1. Second-highest peak in the Cascades

7. Watson's creator

10. Yak

13. Relayed

14. South America's most populous city

17. Track transactions

18. Follow

19. Campus house that's all about food storage?

21. Capital of Libya

22. Three on a grandfather clock

23. In better health

24. Synchronized swimming?

30. Handbag monogram

31. It barely gets beyond the infield

32. Bedsheet for a trick-or-treater's
- DOWN

13. ghost costume?

14. Stars travel in them

15. Neighbor of Switz.

16. Save a beer container from danger?

17. "Je ____ français"

18. "____ My Children"

19. "There is only one great adventure and that is inward toward ____": Henry Miller

20. It consists of Democrats and Republicans (or something seen in 19-, 24-, 32- or 42-Across)

21. "Ciao!"

22. Technique-building pieces

23. Not straight

24. Lrk

25. Both Begleys
63. Org. that tracks baby name popularity

64. Part of the iris

1. Opposite NNE

2. Summer itch cause

3. Caribbean island that got its name, Latin for "eel," due to its shape

4. Eurasian plain

5. Lethargy

6. Photographer Adams

7. "____ Mommy kissing ..."

8. ____ Bing! (go-go bar on "The Sopranos")

9. Actor Jay of "Jerry Maguire"

10. "Veronica ____" (2003 Cate Blanchett film)

11. Language family

including Mongolian

12. Knitted item for a baby

15. Third of September?

16. Terrier's bark

20. ____ Van Winkle

21. "Your" of yesteryear

25. Not just overweight

26. ____ Miss

27. Chaney who starred in "The Phantom of the Opera"

28. Part of DJIA

29. Busy IRS mo.

33. Cousin of Inc.

34. Actress Lucy

35. Cockney abode

36. Pan in Chinese cookery

37. Accepted, as terms

38. Willy-nilly

41. NBA official

42. Worrisome engine noise

43. One of the Blues Brothers

44. Seagoing vessels

45. Some sports cars

46. Bother persistently

47. Quick on the uptake

50. "Laughing" animal

52. They have precincts: Abbr.

53. Thrilla in Manila participant

54. Wine list heading

55. Pirouette points

56. "The boy you trained, gone he is" speaker

59. Mediterranean

LAST WEEK'S ANSWERS TO TREKKIES

T	R	E	K	K	I	E	S		M	U	D	P	I	E
H	A	D	A	L	I	N	E		C	H	O	I	R	S
O	V	E	N	M	I	T	T		A	N	G	L	E	E
R	E	N							I	A	T		O	M
				J	O	U	R	N	E	Y		A	R	C
T	W	E	E	D	L	E		M	A	V		I	R	A
S	E	X	T	E	T		S	P	O	O	N	M	A	N
T	A	P	E	S		R	R	S		Y	E	A	N	S
O	V	E	R	S	E	A	S		M	A	R	G	I	E
R	E	D		A	N	N		B	I	G	D	E	A	L
M	R	I	S		O	D	Y	S	S	E	Y			
			T	H	E		D	U	H			P	H	D
P	L	I	E	R	S		C	A	N	A	R	S	I	E
B	O	O	I	N	G		C	R	A	B	C	A	K	E
J	U	N	K	E	T		A	P	P	E	A	S	E	D

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© Puzzles by Pappocom

EASY #67

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		6	7		5	1		
	3		6		4		8	
8								4
	6		9		7		2	
		5	3		8	4		
6				4				7
	4	7				8	5	

www.sudoku.com

NCJDAILY

No longer just a weekly, the *Journal* covers the news as it happens, with depth and context readers won't find anywhere else.



northcoastjournal.com/NCJDaily

menu

O F M E N U S

Serving up the North Coast's complete restaurant directory.

Now available on newsstands throughout Humboldt.



North Coast

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of Politics, People and Art

Employment

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FABULOUS
Tip Top
☆ WOMEN-OWNED ☆
GENTLEMEN'S CLUB
In House Promoter/ Audio Tech

The Tip Top Club is hiring an in house Promoter/Audio Tech. Responsibilities include running or assisting with the sound and lighting, announcing entertainers and events, and assisting with the production of shows.

Our ideal candidate would be an outgoing patient and professional individual that is computer savvy, has a passion for music and putting on a party, and has a strong and clear microphone voice.

3-4 nights a week from 9pm to 2/3am depending on the evenings event.

Drop off either a resume or an explanation of previous relevant experience to 6269 Loma Ave., Eureka.

Call (707) 443-5696
FABULOUS TIPTOP.COM

AMERICAN STAR PRIVATE SECURITY
Is Now Hiring. Clean record. Drivers license required. Must own vehicle. Apply at 922 E Street, Suite A, Eureka (707) 476-9262.


EMPLOYMENT OPPORTUNITIES

Casino Controller, FT
Security Officer I, PT
Bartender, PT
Deli Worker, PT
Waitstaff (Sunset Restaurant), PT
Bartender (Sunset Restaurant), PT
Janitor, PT
Valet, PT
Shuttle Driver, PT
Line Cook (Sunset Restaurant), FT

To apply visit our website at www.cheraeheightscasino.com

 **Sutter Health**
Sutter Coast Hospital
We Plus You

CLINICAL DIETITIAN
Per diem. The Clinical Dietitian is responsible for the development and implementation of high quality, comprehensive medical nutrition therapy care for the patient population Bachelor's degree in Nutrition or related field required; Master's desired BLS-SCP & Registered Dietitian (RD) required; CDE or CNSC desired. Requisition# SCH-1615642

SURGICAL INVENTORY/STERILE PROCESSING SPECIALIST
Full time. Position Maintains the computer Inventory Control System for the surgery area. Controls the ordering and restocking process of supplies and maintains/distributes stock. Performs a variety of tasks related to the preparation of instruments and equipment for procedures & surgeries. Operates sterilizing & decontamination units. Responsibilities include instrument processing, distribution, inventory, equipment decontamination and record keeping. Requisition# SCH-1604935.

Apply via our website: www.sutterhealth.org/employment
EOE

 **Hiring?**
Post your job opportunities in the Journal. 442-1400 x305
northcoastjournal.com

 **Administrative Assistant**

Serves as administrative support for the Tribal Administrator and Tribal Council. Prepares agendas, and minutes. Coordinates events. Tickets and prioritize technical issues. Prepares and distributes a monthly newsletter. Maintains website and social media.

Job description and application available at Wiyot Tribe, 1000 Wiyot Dr., Loleta, CA 95551
(707) 733-5055 • www.wiyot.us

Employment application can be found at www.wiyot.us

 **Director Health and Human Services**

provides direct services and refers families to supportive services including but not limited to: Health and wellness, housing assistance, child care, job training, TANF, education services, substance abuse services, Indian Child Welfare and parenting support. The Director writes grants, monitors and executes contracts, and completes related reports.

Job description and application available at Wiyot Tribe, 1000 Wiyot Dr., Loleta, CA 95551
(707) 733-5055 • www.wiyot.us

Employment application can be found at www.wiyot.us

Landscaping position available now at a growing property management office

Includes a full schedule of landscaping, yard work, mowing, and trimming. Keep Humboldt beautiful!

Must be able to lift 50 lbs, use ladder safely, operate and maintain gardening equipment.

All supplies & equipment provided.

Must have pick-up truck or van, but mileage is fully reimbursed. Current driver's license, insurance, and background check required

FT 8:00 – 4:30 Monday – Friday
\$12.00/hour + benefits
Call (707) 444-3835 ext. 123 or e-mail brittany@ppmrentals.com for more information and an application

Clerical position available now at a thriving property management office

Requires some bookkeeping experience and competency at the computer, 10 key and multi-line phones.

Must be capable of typing 50 WPM and posses proficient data entry skills.

A qualified person will have excellent written and verbal communication skills.

PT 8:00 – 5:00 Monday - Friday
\$12.00/hour
Call (707) 444-3835 ext. 123 or e-mail brittany@ppmrentals.com for more information and an application

open door
Community Health Centers

Open Door is looking for experienced clinicians who want to work in a comprehensive clinic setting as part of the care team with medical providers, psychiatrists and support staff.

INTEGRATED BEHAVIORAL HEALTH SPECIALIST (LCSW/ACSW, LMFT/ MFT, MBH, PsyD)
to work with adults (Eureka)

opendoorhealth.com
for more information and application.


COLLEGE OF THE REDWOODS
PART-TIME FACULTY POSITIONS

EUREKA CAMPUS

- Astronomy
- Biology
- Communications (Speech)
- Computer Information Systems
- Counselor – Disabled Students Programs
- Dental Assisting
- Librarian
- Mathematics
- Nursing – Clinical
- Sign Language
- Welding

DEL NORTE

- Art
- Biological Sciences
- Business
- Communication Studies
- English
- Mathematics
- Sociology

KLAMATH-TRINITY (HOOPA)

- Business Technology
- Communication Studies
- English
- Psychology
- Sociology

More information about the positions is available through our website.
www.redwoods.edu/humanresources

College of the Redwoods
707-476-4140 • hr@redwoods.edu
College of the Redwoods is an EO Employer



sequoiapersonnel.com
2930 E St., Eureka, CA 95501
(707) 445.9641

CARDINAL SERVICES INC., DBA

SEQUOIA PERSONNEL SERVICES

**Marketing/Front Office Mgr • Forester
Caregiver • Professional Land Surveyor
Accounts Receivable/Admin.Asst. • CPA
Operations Manager • GIS/Cad Technician
Carpenter • Civil Engineer-Wastewater
Pest Control Technician • HR Director
Inventory Auditor • Medical Assistant
Warehouse Worker • Line/Prep Cook**



K'IMA:W MEDICAL CENTER

*an entity of the Hoopa Valley Tribe, is seeking
applicants for the following positions:*

DOMESTIC VIOLENCE PREVENTION COORDINATOR FT/

Regular (\$26.44 per hr). Supervise staff and
services to domestic violence and sexual assault
victims. This is a grant funded position. **Deadline
to apply is 5 PM, September 16, 2016.**

TRANSPORTATION/MAA COORDINATOR FT/Regular
(\$17.14 per hr). Oversees the Transportation Department
staff, monitors patient transportation activities, develop
MAA submittals for DHCS, and GSA vehicle management.
Deadline to apply is 5 PM, September 21, 2016.

**CHIEF OPERATING OFFICER FT/Contractual (\$39.60-
47.51 per hr, negotiable).** Assists in managing a
comprehensive health care delivery organization and
supervises select organization programs. **Open until filled.**

**MEDICAL ASSISTANT FT/Regular (\$15.38 per
hr DOE).** Provides administrative, clerical and
technical support to physician; Certified Medical
Assistant desired. **Open until filled.**

LICENSED VOCATIONAL NURSE FT/Regular
(\$19.05-24.77 per hr DOE). Assists in providing direct
nursing care for patients. **Open until filled.**

**PUBLIC HEALTH NURSE FT/Regular (\$33.30-43.29
per hr).** Assist in the overall management of patients
both in clinic and in the field. **Open until filled.**

**REGISTERED NURSE OUTREACH/CASE
MANAGEMENT FT/Regular (\$33.30-43.29 per hr
DOE).** Assist in the overall management of patients
both in clinic and in the field. **Open until filled.**

PHYSICIAN FT/Contracted (\$91.34-115.38 per hr).
Provides medical care and referrals. **Open until filled.**

DENTIST FT/Contracted (\$55.86-72.64 per hr).
Provides dental health care. **Open until filled.**

**FAMILY NURSE PRACTITIONER FT/Contracted (\$39.60-
62.53 per hr).** Primary care provider seeing all ages of
patients and all medical conditions. **Open until filled.**

For an application, job description, and additional information,
contact: K'ima:w Medical Center, Human Resources, PO Box
1288, Hoopa, CA, 95546 or call **530-625-4261** or email:
hr.kmc@kimaw.org for a job description and application.
Resume and CV are not accepted without a signed application.

County of Humboldt SENIOR PROGRAM MANAGER – MENTAL HEALTH \$6,428 - \$8,248 Monthly

The Department of Health and Human Services
– Mental Health seeks creative and experienced
individuals to provide administrative oversight for
the development and implementation of policies,
procedures, programs, standards, goals and
objective for its' integrated department.

The eligibility list for this recruitment may be used
to fill vacancies in Adult Mental Health or Children
and Families Mental Health. The Department is
seeking a dedicated team player with traditional
expertise in mental health services, who is
interested in developing holistic cross departmental
programs and services for this target population.

Desired experience includes a Master's degree in
Social Services, Marriage and Family Counseling,
or Psychology and five years of experience
working with mental health programs and services,
including supervisory and/or administrative
experience.

Filing deadline: September 21, 2016. Apply online
at www.humboldt.gov/hr_aa/eoe.

Career Opportunities

open door Community Health Centers

Now hiring energetic service-minded individuals
wanting to excel in a team environment.

NOW SEEKING HEALTH CARE STAFF:

Dental Hygienist, Medical Assistant, Registered
Dental Assistant and Registered Nurse

NOW SEEKING OPERATIONAL STAFF:

Medical Receptionist

POSITIONS AVAILABLE IN:

Arcata, Crescent City, Eureka, Ferndale,
Fortuna, McKinleyville, and Willow Creek

For details and on-line applications, visit:

opendoorhealth.com

Don't see your specific job? Submit your resume
to **humanresources@opendoorhealth.com**
and we will work to match you
with our opportunities.

Licensed medical, dental or behavioral health
providers are encouraged to inquire about
career opportunities at **opendoorhealth.com**

FARMWORKER 04 Temp Start Date 11/01/2016 end 09/01/2017
Plant/harvest hay General farm work Farm field/shed sanitation
duties mow grass dig ditches fences etc Minor maint/operation of
farm equip During foaling season assist with horses Lift up to 50lb
walk bend etc. for long periods. Once hired may require random
drug test no cost to wrkr. \$11.15 P/H 35 hrs P/W M-F some S/S
Housing avail at no cost to wrkr who cannot reasonably return to
residence at end of each work day. Tools supplies equip provided at
no cost to wrkr. Trans & subsistence expenses to wrk site
provided/paid upon completion of 50% of wrk contract or earlier if
appropriate ¾ GUARANTEE as specified in USDOL Reg. Employer
may give bonus/raise at his sole discretion based on performance/
wrk history plus hrly wage. Contact CA Workforce REF: Job order #
TX3423791 Job offered by Fossil Gate Farms, Argyle, TX 76226



CITY OF FORTUNA POLICE OFFICER

\$40,502 – 49,210 /YR
(INCENTIVES AVAILABLE)

Law enforcement, crime
prevention, traffic control, and crime
investigation activities; specialized law
enforcement assignments; community outreach.
Must be 21 years of age at time of hire.

Graduation from, or current enrollment in,
POST Academy required at time of application.
Excellent benefits. Requires valid CDL.

Complete job description and required
application available at friendlyfortuna.com or City of Fortuna, 621 11th Street,
Fortuna, CA 95540, (707) 725-7600.

Applications deadline is 4:00 pm on
Friday, September 30, 2016



ASSOCIATE TEACHER - WILLOW CREEK

Assists teacher in the implementation & supervision of
activities for preschool children. Requires a min. of 12
ECE units—incl. core classes—and at least 1 yr exp working
w/ young children. **P/T 24–34 hr/wk (school year),
\$11.15-\$11.72/hr.**

ASSISTANT TEACHERS - EUREKA, FORTUNA, MCKINLEYVILLE

Assist center staff in day-to-day operation of the classroom
for a preschool program (implementing & supervising
activities). Prefer a min. of 6 ECE units & 6 months exp
working w/ young children (12 units of ECE core classes
preferred). **P/T 17-20 hr/wk \$10.07-\$11.11/hr.**

TEMP CLASSROOM ASSISTANT HEAD START/EARLY HEAD START WILLOW CREEK

Assist center staff in the day-to-day operation of the
classroom for a preschool program (implementing and
supervising activities). Prefer a minimum of 6 ECE units
and 6 months experience working with young children (12
units of ECE core classes preferable). **P/T \$10.07-\$11.11**

Positions are Open Until Filled and include vacation,
holidays and sick leave benefits.

Submit application, resume & cover letter to:

Northcoast Children's Services
1266 9th Street, Arcata, CA 95521

For application, job descriptions & more info,
visit **www.ncsheadstart.org** or call **707-822-7206.**



Humboldt County Office of Education

Anticipated Openings for School Bus Drivers



Entry level or experienced—all you need is the DRIVE to succeed! Part-Time, full-time, and substitute positions. Competitive wages & benefits, PERS retirement for all regular positions. FREE training available for CLASS B license and School Bus Driver Certification.

Qualifications: Must be 18 years of age or older. Drivers are subject to a medical evaluation, including drug testing.

Apply at HCOE or online at www.humboldt.k12.ca.us

Reply to: Personnel, HCOE, 901 Myrtle Ave., Eureka, CA 95501.



CITY OF FORTUNA FINANCE DIRECTOR

\$65,843.62-\$80,000.00/YR
(STARTING SALARY DEPENDENT
ON QUALIFICATIONS)

Under the administrative direction of the City Manager, the Finance Director is responsible to plan, organize, direct, and supervise the City's financial record keeping functions, including accounting, payroll, and utility billing; to be responsible for financial reporting; to assist with budget preparation and fiscal controls; to provide financial information and advice to City management staff and others; and to do related work as required.

Advanced educational training equivalent to a bachelor's degree in accounting, business administration, or a closely related field with an emphasis on accounting courses required.

Any combination of public agency training and experience that would likely provide the required knowledge and abilities is qualifying. Government finance experience preferred.

The City makes a substantial contribution towards medical, dental, optical and life insurance for employees and their families. Other benefits include vacation, sick leave, residency incentive, administrative leave, and deferred compensation programs. The City participates in the PERS (Classic Members 2.0%@55 or New members 2%@62) retirement plan, and does not participate in Social Security.

For complete job description and required job application, contact the City of Fortuna, 621 11th Street, Fortuna, CA 95540, (707) 725-7600, or www.friendlyfortuna.com.

Application packets, including a cover letter, required application form, and resume, must be received by 4:00 pm, **Friday, September 23, 2016.**



Come join Mad River Community Hospital and enjoy the satisfaction of working with a team.

Yes, you can be happy at work...here. If you have to work, why not do so with some of the best in the business. We are looking to hire **Registered Nurses, Physical Therapist** and other positions.

Look on our web site for openings:
www.madriverhospital.com



CITY OF EUREKA ZOOKEEPER - RFT

\$2,427.00 - \$3,099.00/MO
THIS VACANCY IS A REGULAR
FULL-TIME POSITION

This is a journey-level class in the AZA-accredited Sequoia Park Zoo that performs a range of routine and complex animal care duties, provides customer service and education to patrons, maintains high husbandry standards, and assists with veterinary care. This class is responsible for technical and functional direction over lower-level zookeeper staff/volunteers and is capable of performing the most complex duties assigned to the division.

For more information or to apply online please visit our website at: www.ci.eureka.ca.gov.

**Final filing date: 5:00 pm,
Friday, September 23rd. EOE**



CITY OF EUREKA PROJECT MANAGER – PUBLIC WORKS

\$5,154 - \$6,265/MONTH DOE

THERE ARE CURRENTLY TWO (2) VACANCIES IN THE PUBLIC WORKS DEPARTMENT; IN THE ENGINEERING DIVISION AND PW ADMINISTRATION

This position will be responsible for developing and implementing policies and procedures for the following programmatic functions: budget development, financial administration and reporting, expenditure monitoring, grant funds disbursement, purchasing, contract administration, management analysis, project management, automation and program evaluation, and coordinating activities with contractors, regulatory agencies and City staff. Desirable qualifications include a combination of training and experience equivalent to a Bachelor's degree in Public Administration, Engineering, Project Management, Construction Management, or a closely related field and 5 years of increasingly responsible professional experience in contract and project management, emergency management, and grants administration. Professional experience working on city government/municipal projects is highly desirable. For a full job description, and to apply, visit our website at www.ci.eureka.ca.gov.

**We will be accepting applications
until 5:00 p.m. on Friday,
September 16, 2016. EOE**

*Share your heart, Share your home.
Become a mentor today.*

**Do you have an interest in helping others?
Would you like the freedom to work from home?**
California MENTOR is looking for caring people with a spare bedroom to support an adult with special needs. California Mentor matches adults with disabilities with people like you, in a place they can call home. Receive a generous monthly stipend and ongoing support.

California
MENTOR
Family Home Agency

317 3rd Street, Suite 4
Eureka, CA 95501

For more information call Sharon at 442-4500 ext 16
or visit www.mentorswanted.com.

YUROK TRIBE JOB OPENINGS

For information www.yuroktribe.org,
hr@yuroktribe.nsn.us or 707-482-1350

#0804 POLICE OFFICER

RG/FT WEITCHPEC \$21.05-26.58 OUF

#0808 SOCIAL WORKER

RG/FT KLAMATH \$23.42-33.53 OUF

#0811 CHILD CARE AIDE

RG/FT EUREKA \$12.63-18.44 OUF

#0820 GUIDANCE TECHNICIAN

RG/PT EUREKA & WEITCHPEC \$15.45-30.44 OUF

#0821 JOM TUTOR

RG/PT EUREKA/KLAMATH/WEITCHPEC
\$12.31-20.09 OUF

#0823 SECURITY CONTROL OPERATOR

RG/FT WEITCHPEC \$12.31-16.00 9/9/16

#0828 MAINTENANCE WORKER I

RG/FT KLAMATH \$12.31-16.00 OUF

#0830 EARLY HEAD START TEACHER

RG/FT EUREKA \$17.69-25.53 9/9/16

#0831 PLANNER II OR III (TRANSPORTATION)

RG/FT WEITCHPEC \$15.45-27.56 OUF



Humboldt Senior Resource Center

Facilities Supervisor

FT w/benefits – is responsible for managing and maintaining the property that comprise the three-building campus.

Transportation Manager

FT w/benefits – responsible for the safe operation and performance of vehicles, as well as the supervision and oversight of staff driving vehicles.

Masters in Social Work

FT w/benefits—provides direct services to participants; including assessments, case management, counseling and referrals.

Registered Nurse – PACE

FT w/benefits—is working with the providers to provide direct and indirect care to participants.

To get complete job descriptions and apply visit our website at www.humsenior.org.

For more information,
please call (707) 443-9747 EOE

*Supporting seniors in a high quality of life with
dignity, health and self-determination.*



Humboldt County Department of Health & Human Services is accepting extra help applications for **ENVIRONMENTAL HEALTH TECHNICIAN I**

Candidates selected will be working in the Solid Waste program. Duties will include investigation of public complaints primarily related to improper storage and removal of household-generated solid waste. Desirable candidates would have the ability to learn about proper solid waste handling, be able to follow projects through to completion and who can communicate effectively with the public and local agency staff. Candidates must possess a valid CDL. Selected candidates must pass background screening.

Desired Experience: 2 yrs of office support experience, or sufficient college level education to demonstrate possession of knowledge and skills outlined above.

Salary for these placements will be \$14.09/hr.

Application deadline: 09/30/16

Extra help applications & job description may be picked up at: Department of Health & Human Services, Employee Services, 507 F Street, Eureka, CA 95501; (707) 441-5510 AA/EOE



Southern Humboldt Community Healthcare District is now accepting applications for: DIRECTOR OF NURSING — SKILLED NURSING FACILITY

This position is perfect for a registered nurse that is passionate about making a difference in the lives of others and enjoys working as a team. Full Time position. Over sees the staff and daily functions of an 8-bed Skilled Nursing Facility. Position reports directly to the Chief Nursing Officer. BSN required, previous management experience required. Must be familiar with Title 22 and skilled nursing regulations. This position would be a great fit for an experienced Director looking for a positive career change.

REGISTERED NURSE

Full Time, Part Time, or Per Diem Position. Current RN License and CPR certification required. Work 12-hour shifts in our critical access emergency room.

LICENSED VOCATIONAL NURSE

Full Time position. Current LVN license and CPR certification required. Work 12-hour shifts in our 8-bed skilled nursing facility or 8-hour shifts in our out-patient clinic.

CERTIFIED NURSE ASSISTANT

Full Time, Part Time, or Per Diem Position. Direct Patient Care, activities with the residents/ patients. Must possess CNA Certificate and CPR Certification.

MEDICAL ASSISTANT

Full Time Position. Must possess CMA Certificate, 5+ year experience, or Certified Nursing Assistant certification. BLS certification required.

CASE MANAGER

Full Time position. 8-hour shifts. Provide assessment, planning, and coordination of options and services to meet a patient's medical care needs. Assist in patient care by providing clinical information to payers, monitor length of stay, seek necessary care authorizations, and appeal medical decisions. Current RN or CSW license required. Minimum 3 years case management, or related field, experience preferred.

PATIENT REGISTRATION CLERK

Full Time, Part Time, or Per Diem; 8-hour shifts, Day shifts.

COOK

Part Time Position. Required to cook and follow a planned menu. General cleaning of the dietary department. No license or certification required.

Visit www.shchd.org for more information and to apply Or call (707) 923-3921 ext. 230



LOOKING FOR A MEANINGFUL JOB IN YOUR COMMUNITY?
To start a career where you feel good about helping out others? We are looking for On-Call team members to supplement our programs, a great opportunity to get your foot in the door with our caring and compassionate company. We are looking for on-call LVN/LPTs, Service Coordinators, Rehab Assistants, Cooks, and Housekeepers.
Apply in person at
Crestwood Behavioral Health Center
2370 Buhne Street, Eureka
707-442-5721



CITY OF ARCATA **DISPATCHER/SENIOR DISPATCHER**

\$39,118.97-\$49,984.50/yr.
plus \$ Hiring Bonus \$

Attend our next entry level testing date and see if you've got what it takes!

A completed employment application submitted to our office will reserve your space for Saturday, September 10th.

Visit www.cityofarcata.org for application materials, or call (707) 822-5953, City Manager's Office, 736 F Street, Arcata. EOE.



CITY OF ARCATA **POLICE OFFICER POLICE OFFICER TRAINEE**

\$50,190.39 – \$61,006.73/yr.

\$17.45 – \$21.22/hr.

The City of Arcata has one more position to fill as a result of Measure Z funding. We are seeking a lateral transfer, graduate, or sponsor-able candidate for the next Police Academy starting January 2017.

Apply now! We offer health benefits for the Sponsor candidate, and a generous financial hiring incentive for the Lateral or Graduate selected through a rigorous hiring process.

Visit www.cityofarcata.org or City Manager's Office, 736 F Street, Arcata (707) 825-2135. EOE.



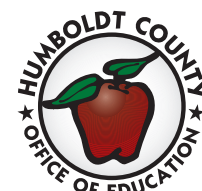
Hiring?

Post your job opportunities
in the *Journal*.

442-1400 x305
classified@northcoastjournal.com



REG. DIETITIAN needed for behavioral health center to provide monthly assessment of clients with a dynamic interdisciplinary team. Contract position. Call 442-5721 x11060 for more info. <http://www.crestwoodbehavioralhealth.com/location/eureka>



EDUCATION: EQUAL OPPORTUNITY TITLE IX

For jobs in education in all school districts in Humboldt County, including teaching, instructional aides, coaches, office staff, custodians, bus drivers, and many more. Go to our website at www.humboldt.k12.ca.us and click on Employment Opportunities. Applications and job flyers may be picked up at the Personnel Office, Humboldt County Office of Education 901 Myrtle Ave, Eureka, or accessed online. For more information call 445-7039. (E-0625)



Carefree Caregiver Hiring

**FT NON-MEDICAL
CAREGIVER POSITIONS.**
Starting pay \$10.56 per hour plus full benefits. Apply at www.caregiverhire.com

Art & Collectibles

STORE CLOSING "Antiques & More" in Ferndale is closing Sept 25 2016 after 4 great years. Everything must go..... Deep discounts starting now. Antiques, collectables, hardware, saddles, tack, furniture, vintage, we are a total mixed bag of things from Fun to Funky. Open Fri, Sat & Sun thru Sept 25. Noon to 5 PM or later. 580 Main Street at Main & Shaw Ave

Auctions

PUBLIC AUCTIONS

THURS. SEPT. 8TH 4:15 PM

Highlights so far: Lg. bird cage, bamboo fly rod

INFO & PICTURES AT
WWW.CARLJOHNSONCO.COM
PREVIEW WEDS. 11 AM - 5 PM &
THURS. 11 AM TO SALE TIME

THURS. SEPT. 15TH 4:15 PM

THURS. SEPT. 22ND 4:15 PM



3950 JACOBS AVE. EUREKA • 443-4851

Clothing

FLASHBACK

Sale for
September is:
Sweaters



116 W. Wabash
443-3259
Weds.-Sat. 1-6
Sun. 3-6

"Clothes with Soul"

Merchandise

ALL AREAS ROOMMATES.COM.
Lonely? Bored? Broke? Find the perfect roommate to complement your personality and lifestyle at Roommates.com! (AAN CAN)

TIME TO PLUG IN! TV's, SPEAKERS & LAMPS ALL HALF OFF! at the Dream Quest Thrift Store, September 8-15. Where your shopping dollars create opportunities for youth! (530)629-3006

Miscellaneous



2015 ROYAL TRAVEL FIFTH WHEEL TRAILER 43' 2BDRM 6 SLIDES MUST SELL!!!

\$45,500 2015 Royal Travel fifth wheel 43' w/ 2 bdrm and 6 slide outs. Master suite w/king bed & 2nd rm w/twin.Elec awning,full sz washer & dryer,fireplace,all options avail! Used only 6mo. Must sell/sacrifice \$45,500 serious inquiries only! (503) 816-2637 KatyDavis79@aol.com

CASH FOR CARS: Any Car/Truck 2000-2015, Running or Not! Top Dollar For Used/Damaged. Free Nationwide Towing! Call Now: 1-888-420-3808 (AAN CAN)

ARE YOU IN BIG TROUBLE WITH THE IRS? Stop wage & bank levies, liens & audits, unfiled tax returns, payroll issues, & resolve tax debt FAST. Call 844-753-1317 (AAN CAN)

ARE YOU READY?
51 days and counting until Halloween. Costume rentals, professional makeup, wigs and a Thrifty Witch for sale section. Open Mon-Fri 1pm to 5:30pm. Sat. 11am to 5pm. Or by appointment.
The Costume Box
202 T St. Eureka
(707) 443-5200


WRITING CONSULTANT/EDITOR.
Fiction, nonfiction, poetry.
Dan Levinson, MA, MFA.
(707) 443-8373.
www.ZevLev.com


We Get It Done!
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50 GLORIOUS YEARS
since 1964
Bob@HumboldtMortgage.net
(707) 445-3027
2037 Harrison Ave., Eureka

Nancy Green
Creating Beautiful
Clean Homes
Weekly • Bi-Weekly •
Monthly
Sea Breeze Cleaning
Detail Cleaning. Organize.
Spruce your Decor Style
707-834-2898
35 yrs. Exp. • Lic. Bonded

Auto Service
ROCK CHIP?
Windshield repair
is our specialty.
For emergency service
CALL GLASWELDER
442-GLAS (4527),
humboldtwindshieldrepair.com

Cleaning

CLARITY WINDOW CLEANING
Services available.
Call Julie 839-1518.

Computer & Internet

Macintosh Computer Consulting for Business and Individuals
Troubleshooting
Hardware/Memory Upgrades
Setup Assistance/Training
Purchase Advice
707-826-1806
macsmist@gmail.com

Home Repair
2 GUYS & A TRUCK. Carpentry, Landscaping, Junk Removal, Clean Up, Moving. Although we have been in business for 25 years, we do not carry a contractors license. Call 845-3087

QUALITY WORKSMANSHIP

REASONABLE RATES
Decking, Fencing, Siding, Roofing/Repairs, Doors, Windows
Honest & Reliable, Retired Contractor
(707) 382-8655
sagehomerepair@gmail.com

Musicians & Instructors
BRADLEY DEAN ENTERTAINMENT.
Singer Songwriter. Old rock, Country, Blues. Private Parties, Bars, Gatherings of all kinds.
(707) 832-7419.

BONGO BOY

Studio Recording & Mixing
CD Mastering, Package Design
Tapes/ LP/ Cassette/ videotape
transferred to CD / DVD
24 track remote recording
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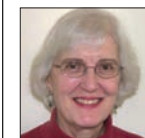
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HAWKINS BAR LAND/PROPERTY \$99,000

±2.09 Acres privately located on the outskirts of Trinity Village! Parcel is lightly wooded and sloping with a small existing flat. PG&E and community water to the property.

INDIAN ISLAND LAND/PROPERTY \$170,000

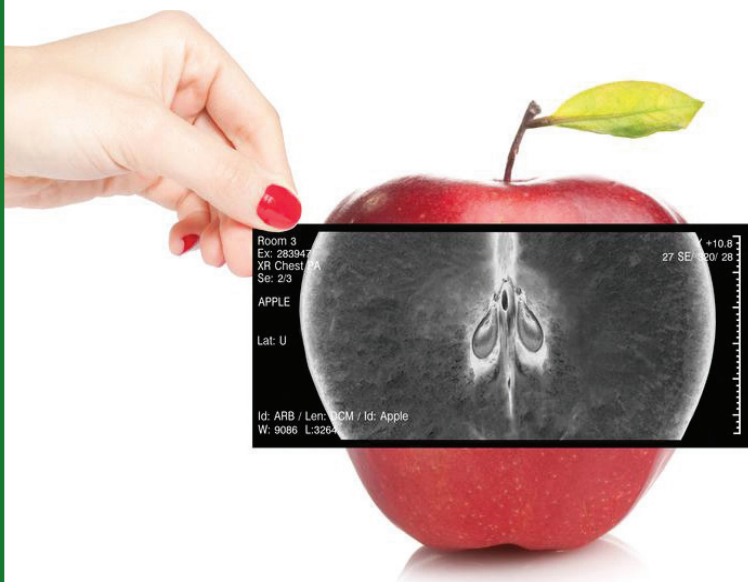
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